INTRODUCTION

The Explorer Series is a set of twenty-four tapes unique to the Research Division of the Monroe Institute of Applied Sciences. Each tape consists of actual recordings taken during experiments with the MIAS tapes, which explored the far reaches of altered time and space.

In these altered states, certain individuals learned to extend their consciousness into non-physical realms of existence. Monitored by Robert Monroe, the EXPLORERS report from non-physical environments, and communicate their perceptions. In many instances, foreign, third parties would enter the experiments to aid in the understanding of their non-physical worlds. In the case of MIRANON, and many of the experiments with ROMC, a total emergence from one being into the Explorer's physical body took place, causing definitions and concepts relating to our physical beings to be drastically re-examined.

The EXPLORERS are individuals who have learned to move into other states of consciousness, utilizing special Institute methods to do so, and, without the use of drugs or electrical stimulation. Most important, each has learned to communicate and to report vocally during such tests.

The Explorer is lying down in total darkness in an isolation booth wearing audio headphones, and various electrodes are attached to the body, to signal physiological states to the instruments in the control room. A microphone picks up the voice for recording. It is recordings of such communications, along with that of the monitor that you will hear.

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SEQUENCE OF AN

OUT-OF-BODY EXPERIENCE (OOBE)

INTRODUCTION BY MR. ROBERT MONROE: This is Robert Monroe speaking. The following is made up of material taken directly from the voice tracks of Explorer sessions held here at our research facility. We offer them without our evaluation or comment, so that you can learn from them as we did, and form your own opinion or interpretation of what took place.

The Explorer is lying in total darkness on a waterbed in our experimental booth No. 2. The booth itself is well shielded from RF radiations, is temperature-controlled and is totally soundproof. The only signal our Explorer can receive is the audio patterns through a set of stereo headphones. We record out of the booth for oral responses and her body voltages.

The code name for this Explorer is ROMC. At the point of this experimental session she had gone through some 32 previous sessions in the lab. She is gone now, on her own accord, up to Focus 10*, and is deep in 10, going into 12... as we pick it up...

ENERGY-BEING (communicating through ROMC's vocal cords): She is always there to observe, to speak at any time, or can always choose to step in other dimensions. There will be

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*Focus 10 and Focus 12 are names given to two states of consciousness in which a subject emits brain waves in the alpha level.

support to help her into these dimensions, and while this is taking place we will work trying to bring information through these vocal cords.

It is a privilege to be working with a soul (Mr. Monroe) of your magnitude and experience. You have been a guide to many souls who need to be released, to go into the greater knowledge areas, as you have done yourself. There are many ways to go into these knowledge areas, and this is a special experiment of stepping into knowledge dimensions. This could never be done were it not for you, with the knowledge that you bring, and with the great light and confidence that you surround this whole project that you work on.

I am working at this time on a dimension within the consciousness of this particular being, but as the dimension of this consciousness is opened I will work fully and more freely on a more light-level of consciousness. I have been working with others who will come in as we reach different dimensions and levels. At this time I am able to tap into this particular level of consciousness of this dear being who is interested in allowing herself to be used. I can work on many levels of consciousness; and there are others who come with the knowledge from other levels —we will not say higher or lower— they are light dimensions. As we break through into the various levels it is easier to bring through the knowledge. I am working now on the level where this entity is presently, but we will work together through various levels.

There are others who are working with her. I speak in terms of «we» because each time I/we come as a group there are others who are assistants and who will always be there to bring the energy levels up to work. And we say that you are

doing exactly what is necessary to help the situation, to be in that perfected state whereby the energies may be released into other levels of consciousness.

And now, we will step out, and allow her to step back in fully into her own body. It is a privilege... Thank you, dear friend...

END OF RECORDING

—EXAMPLE OF RESONANT ENERGY BALLOON

—PERSON IN TIME REGRESSION

EXPLORER (ROMC): I am coming up now... in my balloon... It is still the same balloon but it has changed shapes a little bit ... it's a little closer around me... it still doesn't touch me... I have enough room to float inside... there is nice breathing space...

I'm on top of the balloon now... there is no limitation up there... the balloon has got a little helmet with a 12 on it. And now I'm going to be put through some fast-speed type of programs... I'm going to be shot into different types of objects, of different consistency... I'm being told that, even though I'm being shot into different objects —like into metals, and probably the Earth and different things— I'm going to be completely in control. I'm going to be completely the same... My breathing level will be the same, nothing is going to be changed, even though things outside of me are going to be going very, very rapidly.

But inside this capsule —it is like a capsule, now. It has sort of gone from a balloon to a type of capsule— the balloon is still there, but it's like I'm being put into a capsule... So I'm going to be shot into rapid speed in certain areas... I'm just going to see now where I'm going to go and what's going to happen.

MONROE: Very good...

EXPLORER: It's all... like I can see through like a plastic; I'm supposed to be observing everything I'm going to be

doing while I'm gone rapidly... It's going to be rapid but also filled with a feeling of smoothness, calmness, and no fast movements.... Ok... let's see... there is a little incline, and I can see myself lying in there... Ok... it's going to be ignited. I'm just about ready to get off there. Ok... it's like it's gone... all the way now... I feel rapid movement... it's shooting out just like through space now, for a while.

I can see things flying by. Ok... it looks almost as if I'm going to turn around now and I'm going to come back toward the Earth... I'm just going to shoot right back into the Earth, where it's not going to phase me in the least... Ok... coming back... I can see the ball... see the Earth... I'm coming at it with real rapid speed... Even when I hit it I don't even feel it... I'm sort of breaking through layers. I'm going through different layers of the Earth.. It's getting a little warm around me, but I'm not warm, though. I'm getting into the center part of the Earth... it's like molten lava. But I'm completely protected, there is no problem. I'm just being shown that, no matter where I go I'm going to be completely protected.

There is a lot of gas.... all sorts of gases.... it just is really hot, I can tell. It's hot but I don't feel the heat. I can tell that it's hot and can see it. I'm sort of going to float inside here for a while. Seems that right in the middle there is like a vacuum... let me get right in the middle... sort of a vacuum where there isn't any molten or fire or anything hot... it's like it's almost cool at a certain level... Ok... now I'm right in the center of the Earth, and I'm going to spin around, head over heels... just right into one spot now, building up energy... spinning,

spinning... I'm feeling sparks and light, and feeling energized... and then at one stage it's going to shoot back out through the Earth... It's funny, it's like the Earth is almost like one small atom. I can just see that the Earth is one little, tiny atom in one whole big cosmos. Just one little atom... I'm moving around inside that atom... I can see different parts of this atom. Now it's spinning back around, and I'm going to shoot out... now in another direction... Now I'm coming up very, very rapidly. It's like I'm coming up through the ocean. I went into an earth part, and now I'm going to come up through an ocean part. It's really beautiful...

I can see fish. I can see a whale... my capsule is cooling off on the outside... sort of a rainbow... feels nice and smooth. I'm going to float around like a submarine... pretty dark down here... feel lighter... pretty kind of fish floating by... beautiful colour... there is a shark now, a dolphin... I'm just enjoying everything inside this capsule... coming up to the surface... Pacific Ocean... nice and warm... looking around... seeing islands...

Things start looking small again... I'm back on my lauching pad... oh, interesting... the shape of my capsule is going to be changed... it's going to be molded into a complet circle. I'm sitting up in it now —before I was lying down— it was like a bullit... it's going very, very fast, but I feel calm and cool... relaxed inside, and I'm spinning out in space...

It looks like I'm heading toward a star now... it's a sun... closer, closer, very, very fast... rolling over and over... I can just see it... getting closer into this star, this sun... getting so big now... I very much become aware of the

heat, and it's not affecting me... it's getting very, very bright, and my capsule is turning into certain shades of green to shut out some of this bright white light... spinning very, very rapidly into this hot molten star... ooh... so bright... As it is getting brighter my capsule is getting darker... I can see... ooh... nothing but gas and fire, and really bright... I can see all of a sudden all sorts of... colours... I can see many spectrums of the sun... I'm.... I'm shooting through them... it is a sun... shooting through ... I'm going into a red vein... it's nice, everything has turned red, now... red tunnel, shooting rapidly through it.

Now I'm going into another part of this spectrum... it's like being so close inside these beams —sun beams— now I'm in a nice blue one, so cool and nice... riding along real fast; things moving along outside... now, getting into an orangy brown beam... real bright orange... I've gotten out of the browns... bright yellow one now... rolling over and over... the ball is turning over but I stay upright... I'm getting sideways around the sun...

I can hear music... merry-go-round music... inside this star, this sun... I'm seeing... ooh... it's a beautiful garden... my goodness! a very, very... I'm sort of floating around now, some fantastic garden... very unusual and bright colours... so bright... flowers of real bright shades... very nice. Now I am told that I'm going to be able to step out and I'll get to sit on some of this foliage, leaves...

I'm going to get some other kind of energizing... it's all calm around me... I'm going to step out... they are going to open the door... I'm going to step out... standing now on a huge, huge leaf... in the cup of the leaf there is a little

pool... Actually, it's just like a little drop of water small enough... it's like a pool... I step out and step into this nice pool... hum... very blue water... as blue as it can be. I'm completely immersed... feels so good... it's almost like it's not water, but it is water... it's got a lot of energy.

I'm under the surface and I can still breathe... it does not even affect me... beautiful... wonderful water... cool, calm, relaxing... Funny, even the colours under the water are changing in this little pool that is on this big leaf... It's now changing into a sort of turquoise and I get different vibrations from it.

I can feel my whole body tingle... so nice... I just float around... I realize I can't stay here too long... I have other things to do and can't enjoy myself too long right now... Now, I'm just floating around this gigantic garden. I'm just a little nymph or little diva... jumping around... I find a nice big flower, like a Morning Glory... so big... and I'm so little... it's like a cave... but it's a flower; so I'm standing, all white here... it feels so good... when I step down on it it feels so soft... the pollen is just soft and I sort of bounce around in it. Humm.....

Now I'm going to go inside a cave... this flower... wonderful smell... fantastic... makes me float just to smell that smell. As I walk inside this flower I can see the insides of it, beautiful... I just brush against the different parts of the flower... just so soft... and as I touch it, it gives me energy, it's refreshing... I feel so light... sliding down a stem... lower stem like a cave... water inside... sliding down rapidly inside the base of this particular flower... down at the bottom, looks like I'm down

in the Earth, brown... dark black soil... colours are so vivid... floating around in this soil... soil is turning different colours... orangist brown... changing colours... vibration... it pulsates... As it pulsates it is changing colours... the Earth is doing that... it is pulsating. It is like I get into the rythm of the pulsating and it's just a good feeling to be in the rythm of it... coming up... down on the ground... walking in this huge, huge garden... most magnificent place I have ever seen... walking around... the greens are crystal green and when there is a drop of water on the leaves it is like a crystal ball... I look into this drop of water... it sparkles... like looking into a crystal ball... it is pulsating, and I can see myself...

From looking into this drop of water, which is a crystal clear... and pulsating a little bit... I can see a city, a glowing kind of a city, back in the hills, just glowing... beautiful texture of light... it's like a light, but it's so bright that I have to look at it through this little drop of water... like looking at the future and the past... it's pulsating with life and light... I can see different parts of myself. I can see and feel all the excitement around me.

I see a beautiful girl, I'm watching and following... she is playing a Greek instrument and singing... for several Greeks in Greek outfits, sitting out in the garden... She sings.. I can see like a different kind of harp instrument —but not quite— it has long strings... it's not like a harp... you can hold it in your hand... she is singing... working. She is part of this temple... she is sort of favoured... She is a servant, and has special privileges. I think she might be a temple prostitute, one of the more privileged because she

is able to use some of her talents and is entertaining because of her voice... She is appreciated for her beauty and her voice and what she can share.... and as I step out, I can see that in this situation, this person, this soul had to learn more obedience, learn to be in a situation where she had to grown in, not being so strong-willed, and had to learn a type of sharing and sensitivity. Actually, she was very sensitive and very appreciated because she could fit right into the situation there. She didn't live too long in this lifetime. Seems like she died at an early age.. seems like some type of disease, but yet it was a fulfilling lifetime. She was less lonely because she was using her abilities.

Now, still looking into this little dot of water again... I'm standing, looking ... one more trip... now one last look into this drop of water... seems like another era... a face... a sphinx... back in Egypt... people around... lots of people dressed in beautiful robes... like being in the heart of New York City... people just milling around... being very active. Process of building a type of pyramid... for one of the kings that we work for... Ammand Otep... I can see that name over the door. They are planning.... I can hear them talking... he is young but they have to plan early for his burial... It seems I am there representing someone that works with the king because I have to see that all the right things get into this tomb. But it seems that the tomb has to be used before... it's going to be a tomb, and that is why it must be built early... Many people, many servants that work for this king... we are all working, helping... it's like eternal life we are trying to bring this king... this king looking for the secret of eternal life... if he plans it right he won't have to die... this ceremony is planned... it is being built for each one, and each part of it that is to be built there is going to be

a ceremony... There is so much to see here... not going to be able to finish... have to come back... important lifetime... important study here as to the nature of reality... have to come back... Back into my garden, looking... I didn't die... I'm going to tap into this lifetime to get some important guidance and help...

Now, back into the garden and looking into this drop of water again.... wonderful smell... refreshing, great feeling... beautiful city of light gleaming in the back of the hill... I reach with my hand to touch the water and get energized... will have to go back into my bubble... it's coming back to me... going to have to get back in it... hate to go... buckle down, helmet back on... door is closing... rolling, rolling. lifting up, moving out... shimmery, beautiful garden area... back out... I had to circle around the star... roll over... one last look at this beautiful area... I can see the gleaming type of city... not like our buildings because they are made of light... can't see anything else... inside my own molecule... going fast... coming down a light beam... my own rocket ship... coming back to the Earth... I can see the Earth below... feels good... Virginia... I can see the whole state... down in Afton... back where I started...feels like I can put on ten-league boots and jump all over the universe ...good experience...

I don't remember seeing anyone around... when it was time to leave, the capsule opened up but I don't remember seeing any other person... strange, I saw flowers and a light city, but it's funny, I only saw aspects of myself...

END OF RECORDING

DISCUSSION OF SOME SPACE-AGE TECHNOLOGY

EXPLORER (TC): It is not so much that we are driven to expand our awareness or that we should be, other than.. it is available... and it being available... makes it a direction in which we can evolve if we so choose...

MONROE: Since we are on the subject of energy, what about the energy that is being used now in our communications? There is an energy at work there that apparently does not seem to be electromagnetic... or magnetic... it is another form of energy. Is this a form of energy that we can apply here is this reality?

EXPLORER: In this reality, as it affects the awareness... as opposed to, as it affects physical matter...let me try to straighten that out...

This energy that we are dealing with now is not electromagnetic, it is true. It is not physical in the sense of your physical energies, but it can be used and utilized to change and vary the awareness... and the awareness can be used to change or modify the physical environment. It is not so much that you are using energy to manipulate physical structure as it is that you can this energy to manipulate your *awareness* of physical structure. For example, you can use this energy to change your awareness of cold... such that you are no longer cold... such that you are warm... Rather than heat the house, heat the man... the man can heat himself by becoming aware of the cold. So it is in that sense that this energy can be used to moderate your environment, by

changing the impact of the environment on the individual, rather than actually using the energy to manipulate matter. Now, this is a fine distinction. If you are not cold, you are not cold because you no longer are aware or sense that you are cold, because your room is heated. It seems to make very little difference in the end...

EXCERPT

EXPLORER (TC): I had two encounters. The first one was an intelligent being not in any way visual. The second was a woman in her late thirties. She seemed pleased to give me a tour of her environment... I asked her if she was in any way familiar with physical matter existence as I knew it, and she was not familiar with it, and asked me to explain —which was difficult; the explanation is pretty much impossible... I didn't really know how to explain physical matter... so I asked her if it was alright if I came back and that I would... I wanted to leave to report in.. she seemed a little dismayed that I was taking off after having gotten just part way through the tour... but she said «alright», so I came back, which brings us to the present moment...

Contact was established with same female. She was quite surprised that I had indeed returned. At first, I began to wonder what this intelligence did really look like to itself. Was I just imposing my own image of humanoid female form? We discussed this realizing that I was creating this image of her and could not really tell whether this was her own image of herself or not... she likewise, creating an image of me

in a likeness that she was familiar with... and whether these likenesses were similar, mine and hers... there was no way to tell, so we left that question. Then I got an itch of some intensity on my neck, and I tried to explain that I existed in another reality besides the one I was sharing with her, and that I had a physical body elsewhere, and that that physical body had an itch on its neck which was disturbing the focus of my attention. And that is why I seemed to be fading in and out as my attention wavered. She seemed to think that was quite incredible... I don't believe she believed be at all. She just kind of ignored that statement, like anyone would ignore somebody who says an irrational thing...

I asked her about her physics. She took me to another place where there was another entity, this one male, and there was a writing surface much like a blackboard —but not a blackboard— whereupon he attempted to explain the nature of things there. We had no success at all with his writings. The marks he was making on this surface were totally unintelligent to me. After a few efforts, we gave up and tried to go to pictures.

All the time we could communicate telepathically. The pictures were Ok. He drew some pictures, and from the telepathic exchange I felt that their science, their concept of their existence, and of reality, was in many ways similar to our own, and that they were fixed in that reality. They could not travel out of it, as I had traveled out of physical matter reality. They seemed to believe that they were fixed in their reality and couldn't really travel out of it... I don't know whether they even believe that there was any other reality besides their own...

They had a physical science as much as we do, in that the object in their reality obeyed very specific laws... I tried to see if any of their laws were similar to ours, such as gravitation, which was hard to tell. I could not point out what their concept of reality was. All I could do was translate into my own concepts, meaning, I did not see them floating around in air, but whether that was because they experience a thing like gravity like we do, or whether that was a function of my own experience —visualizing humanoids not floating in the air— I could not tell... I did feel that they had a basic physical science that ruled the objects of their reality. They did not move things around by thought processes or anything like that... it seemed sort of like an Earth-type physical reality to them, although I don't recognize many of their devices and structures, which seemed very foreign to me. They seemed to be fixed and isolated with these devices and structures.

Somehow I appear to them as one of their own kind —whether that is humanoid or not, I don't know— maybe I should have tried to find out where they think I came from, or who they think I might be...

END OF RECORDING

—EXPERIMENT IN MULTI-LEVEL EXISTENCE

—NOTICE OF PREPARATION OF EARTH CHANGES

EXPLORER (ROMC): It looks like I'm being lifted up in a beam of blue light... the beam is expanding... I am all washed in blue... it is refreshing... I am spinning around and being moved over to another beam... a yellow beam... relaxing... It is all yellow lights swirling around up here... now a nice orange... lifting through the orange... giving a lot of energy... pulsating orange... the orange is turning red... very energizing... like orange and red... Now, two beams together; I'm being moved over to a purple beam... one, nice, calming purple, swirling around... now, all the colours are coming... going around and around... now it is like I am going to hear music... it is real nice music blending with the colours... I am being taken out of a saucer with a bubble top... and I am just floating in these beautiful coulours. The music... I can hear the music... very energizing...

The saucer is coming back... I am supposed to get in. I will be taken somewhere... I am on a platform now, standing straight up... I can see a circle of myself, a circle of all aspects of myself in a circle... floating up and standing on this platform... ringing in my ear... someone is working on my face, exercizing my throat muscles... getting me prepared.

An Energy-Being enters ROMC's body.
Word output is slow and difficult.

ENERGY-BEING: We are trying to help her see that she is multi-dimensional, and this is why she is able to see the

great circle of herself, the many forms of herself. It appears to her like many selves extending from a circle and between. We are trying to show her that there are many, many dimensions of one human self. As she can see and understand she is much more than that conscious self that she sees in the mirror or that she experiences in the waking state. She will be much more readily prepared to go into the multi-dimensional levels of consciousness. That is why we are working on various levels and not only the visual...

This is very important... to work on the visual... we are working with the other senses as well. As she realizes the light feeling of floating, this helps to keep her away from the heaviness of the worldly self and help her see more clearly that she is not tied down nor bound by this physical self. At the same time we are showing her now her human body. As each cell glows, we are showing her that each one is a complete universe in itself. A complete universe of great complexity, yet at the same time of great simplicity.

Within each cell —and there are millions of universes within one human body; just as the physical, so to speak— with many levels of energy patterns within each cell. A soul is aware that its mind and self can be very much in control of the use of the energy within the millions of cells. It is very awe-inspiring, and it is a great sense of responsibility. This is why it is important for the self to stand aside and look at the magnitude of the universes for which it is responsible.

The greater dimensions are the many, many dimensions of what we call, then, the energy body, the Universal Self which goes beyond the body which can be seen. And this body is in touch with all levels of the highest forms of energy, and,

therefore, when this body is released in its highest form, in its highest working form, then all the levels and universes within the physical are put into place... with the great energizing and balance between —not only this universal energy body but also the working levels between.

There is no limit to what the soul and the self could perform in this minute second of a lifetime. Once the soul is in control and will release the levels of energy in its purest form the human self is capable of the highest... what you would consider «miracles». But they are not miracles. The physical body is capable of appearing and disappearing at any stage, and at any level of existence, in the Earth level and in the higher energy levels, if the self and the soul are in the right communion. Of course, this is possible, as you well know. It is possible for the human body to travel, but it is also possible for the human body to accomplish important feats. They are all combined and connected. But we are only saying this to use an example so that this entity may know and see that there are no limits put upon the human body and the self other than the ones that the mind puts on the self and the body. This is why it is important to change the concepts that the Earth level has put upon the mind of Man. Once a soul is aware that there are no limits to the experience and levels of existence within the physical body, then there is a new frontier where all things are possible.

The great work that we have to do first is to work with the mind of the human souls. That is why we are now working to clear the mind of this entity from all that which has been put into her, which has limited her horizons. It is no fault of her own, but she feels limited. It is just that kind of thought-form that is sent to her from other thought-forms

from the Earth level. It is our main job to work with false thought-forms which hold down the soul in its true release and its true activity. We will help this soul to see herself in the many levels, as she can see and experience the many levels of her own existence. She will then be that much freer to explore the unusual and most amazing universes that exist within the self.

It is always our desire to help those who are willing to be helped. All we do is to help as many as are willing to listen and be helped. Therefore, it is not that we are working with one entity, but we are working with the Earth level. There are many of us working to help release those who are caught in the wrong thought-forms on the Earth level. And therefore, we are most happy when anything that we do is shared with all who are interested in learning, and, of course, all who are with you are growing and going into the many dimensions and are learning. Much of what we are already saying is known...

MONROE: Is it possible for you to bring in other entities so that we can interview them? Is that possible?

ENERGY-BEING: This is what we hope will be possible, as soon as we have cleared this channel of the many thought-forms that keep her from being really open to this kind of experience. We hope that this will be possible. It will be possible only when she will be ready to step out of herself and to travel in other dimensions. It is only then that the information can come through, because even if she is present, she often has bits of doubt that keep the soul from coming. But we are working on this and when the time is right, it will take place.

MONROE: One of the reasons why we bring this up at this moment is that we have many things facing us, and that guidance is very important to us at this stage, because of the factors that may change in our Earth pattern here that may affect us very deeply... and if we could prepare for such changes it would be helpful.

ENERGY-BEING: Many souls are being prepared to understand the changes. You, yourself, are capable, as you know, of tapping into the knowledge and understanding of what is taking place. But it is also helpful when it can come in a clear channel. We work from many directions to help those who are consciously open to understand what is taking place, so that they can assist in the greater work that must take place on the Earth level.

MONROE: Are you aware of any significant or important changes that will be taking place on the Earth level?

ENERGY-BEING: There are many levels of changes that are taking place. Of course, there are many changes taking place on the physical level of which you are aware of. There is a shifting, a polar shift taking place at this time. The trembling and shakings taking place at this time are but a beginning. This is important because the Earth is itself shifting into a higher form of consciousness.

In order for the Earth entity —it is a live form— to shift into this consciousness, it has to go through this shakedown of those negative forms that have existed around it. All the thoughts of the human beings which they have brought to the Earth have caused great imbalance, especially in areas of concentrated negative energy or negativity. As the concentra-

tion of negative thought-forms grow to a higher magnitude, this affects the Earth, and therefore the shakedown is beginning. But, as with all growth, this is important.

Besides the aspect of physical shakedowns, there are many levels of energy being projected in the Earth's direction. The Earth is sending out its antennas to all aspects of the universe. Therefore, it is receiving much more attention from other forms of life, and attracting to itself many forms of consciousness levels —in the physical level and in the etheric level. They are studying the Earth because the Earth is like a baby in the cosmos. It has yet much to learn in its emotional level. It is very young emotionally. It is now time for more growth to take place; the shift is coming soon.

Those like yourself, and others with whom you have been working are ready for this, because you have been willing to look in all levels of consciousness, and know that it is not just one level —the physical— that is important, but that the multi-dimensional levels of existence are important aspects of life, and Man must be in touch with himself, otherwise he will destroy that which is most important to him: the very most nature of his exitence and the nature of his consciousness. Man must come into attunement, not only with himself but also with all levels of consciousness around, in order to go through this shift in growth and consciousness.

MONROE: How much, by our time standards, how much time do we have to prepare for this?

ENERGY-BEING: The preparation is taking place and has been taking place for many lifetimes. Therefore, it is not a matter of preparation but a matter of going with the happenings as

they come, to adjust and to shift with this shift. You are prepared and have been prepared therefore, and the great test will come as you are able to go with the flow and realize that when the shakedown begins, that this is merely a very important part of its growth. Therefore you are prepared and are working very hard to prepare many, many souls in the right direction. It is mainly the ability of the self to be in balance and to be in tune to understand what is happening because the physical is not the important aspects of life.

As the physical breaks down, the human soul will begin to see, and must see that the breakdown is only a shift into higher spiritual understanding. There is no time in levels of consciousness as you know, and everything that you do is important for the next step, and therefore you are doing what you should be doing at this time in the history of the Earth. You are doing the best that you know how and must continue because you are enlightening many, many souls, and must not worry about time. As you are helping souls get in touch with themselves, they are able to go outside of time and therefore that is the only time that is important —to step outside of the time barriers. There is truly no time...

END OF RECORDING

—FIRST ENCOUNTER WITH MIRANON

—LEVEL 46 OF PURE ENERGY

—FREEDOM OF CHOICES AND EVOLUTIONS

EXPLORER (SHE): ... a point of light... Anything from that, I don't perceive anything.

MONROE: Experiment with the light.

EXPLORER: Now, they are getting closer... now, I am getting closer to them... there is a block...

MONROE: Ask them why there is a block.

EXPLORER: Their answer is: There is some disharmony and I am not very relaxed... I feel relaxed...(*inaudible*)... spin out, I don't understand it...

MONROE: After about three minutes, the following took place:

ENERGY-BEING: How are you?

MONROE: I am fine, thank you. I am very grateful that you came.

ENERGY-BEING: It is hard to get here.

MONROE: What is the difficulty?

ENERGY-BEING: There are many layers to penetrate.

MONROE: We are very, very grateful that you did penetrate the layers to us. We will help you in every way that we can.

ENERGY-BEING: Her (SHE's) colour pattern is very good. We must find a way to help her let go. There needs to be a period in which she goes very deep. It will get easier as the trust builds. There is still a lot of fear.

MONROE: I am very grateful for your concern for her.

ENERGY-BEING: She is feeling a lot of disharmony. I have taken her to a place where she can rest.

MONROE: What would you recommend that we do in regard to her physical condition?

ENERGY-BEING: She must work on it herself. It is important for her to stop doing things that are harmful to her leg... It is important for her to start the process of *(inaudible)* because the difficulties in her leg... Where I have taken her to rest, she will be given words to meditate upon. She has not done the meditation I asked her to do.

MONROE: Does she remember the meditation that you did ask her?

ENERGY-BEING: I was just checking that myself. I am not sure.

MONROE: Perhaps, if you wish, we could transmit it to her at the fully conscious level... if you would give us the instructions, if you so desire, we will then transmit it to her consciously.

ENERGY-BEING: It must come from within. She will remember it.

MONROE: Very good. I am glad that she will have this she can use and work with... Could we learn about you? Could you tell us about you?

ENERGY-BEING: I am working right now on a level in which I have to help people begin to focus in another direction. I am part of Leona* and we have been together. Now it is my job to help her come to that realization.

MONROE: At what level are you working from?

ENERGY-BEING: I am working now on Level 46. There are many forces there that are helping at this point the people on your Earth. There are many forces there that are working with you. And you have the guidance...

MONROE: Can you describe Level 46 for us...

ENERGY-BEING: It is difficult to put into your words...

MONROE: It is a state of being, though, isn't that correct?

ENERGY-BEING: Yes. It is primarily a state of pure energy.

MONROE: Where were you prior to Level 46?

ENERGY-BEING: I have been in many places. Time does not exist for me.

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*Leona is SHE's entity name.

MONROE: Did you at one time exist in the physical Earth level?

ENERGY-BEING: At one time I was a part of Leona.

MONROE: Was that in physical matter existence, here?

ENERGY-BEING: Yes.

MONROE: Was that in a civilization or culture that we are unaware of? In our physical life here?

ENERGY-BEING: I have gone through all of your times. We... together... we were close in *Lemuria*. Then we were separated. It is only when I reached Level 46 I was told that I needed to get back together the parts of myself that had been separated. Then I began to reach back and establish contact with Leona. I have been in contact all day. My messages have not come through very clearly, but there has been an awareness of my presence.

MONROE: What can we do to help you?

ENERGY-BEING: You are helping me now. What can I do to help you?

MONROE: Help us understand Level 46 and the other levels that exist between this physical matter existence and Level 46. How can we learn these things?

ENERGY-BEING: You are aware of many of these levels. Level 46 is a place of pure energy. We have no identity. And yet, we have all identities.

MONROE: A level, then, of multiple identities that are not —as we can understand— as a single conscious self, is that correct?

ENERGY-BEING: I am sorry, I was distracted. I had to check with Leona. Would you say that again?

MONROE: Is Leona alright? Is she comfortable? Is Leona comfortable?

ENERGY-BEING: There are some distractions.

MONROE: Do inform me if you feel that she should return. We do need your help. And you could help us greatly by visiting us just as you do now, and help us understand more accurately such levels of pure energy and those in between.

ENERGY-BEING: I will try.

MONROE: All of us will be deeply grateful... At what level, for example, when one passes from this physical matter existence, what is the next level that one moves to?

ENERGY-BEING: It will depend on what one is ready for. Normally you would move to Level 22.

MONROE: Could you describe Level 22 for us...

ENERGY-BEING: It is a time... in which the purposes for which you have lived are brought out and in which you decide where you work up from there. It is a time to begin anew.

MONROE: Then Level 22 is not necessarily a level of pure energy such as 46...

ENERGY-BEING: There is a much closer tie between 46 and your plane. It is not a place of pure energy. It is a place of light.

MONROE: What choices or what election does one have from Level 22 ?... You indicated that there was a choice. What choices are available to an entity at that stage, at Level 22 ?

ENERGY-BEING: You would have before you a spectrum of choices as varied as the rays of the sun.

MONROE: Is one such choice, then, to return to physical matter existence? In this Earth level?

ENERGY-BEING: If that is your wish... There are some beings who have to that.

MONROE: What is the factor that would force a being to do this?

ENERGY-BEING: If there is a mission that he has had that he has not accomplished, he must return.

MONROE: Is that his own decision that the mission was not accomplished, or is that decision made for him?

ENERGY-BEING: It is all one and the same. There is a knowing.

MONROE: From your perspective, is it possible for you to perceive the missions of those of us here?

ENERGY-BEING: Yes, I can help you with that at another time.

MONROE: Thank you so much... Is there any means by which we can identify you? Can we give you a name, a number, so that we can use some point of identification, before you go...

ENERGY-BEING: The energy that would best describe me is Miranon.

MONROE: Miranon... Very good. This is much that we needed if we need to call you. Do you feel that Leona should return, now? Very good... Thank you so much, Miranon. And we will talk with you again, and have another communication.

MIRANON: Goodnight.

MONROE: Goodnight, and bring Leona back to us...

Next session, one week later...

EXPLORER (SHE): ... a beacon of light... it seems to be going in a very deep spiral...

MONROE: How do you feel about the beacon light and the spiral?

EXPLORER: It feels familiar... I feel attracted to it.

(Long pause...)

MONROE: Is it close to you or is it farther away?

EXPLORER: It seems to move... right now it is far away. It has been closer... I can find patches of colour, but I can't seem to find the pattern...

MONROE: Then, just think of the name «Miranon».

Miranon enters SHE's body.

MIRANON: It is good to be here... It is difficult to make contact... She is blocking me now. I don't know why.

MONROE: Shall we let her come back and ask her why, and then return... or can we do this?

MIRANON: Perhaps it is important for her to know one experience from a previous life... so that she can begin to understand... When she lived with me in Lemuria, she developed very strong talents. She could think of a person and they would do whatever it was she wanted them to do, or they would be however she wanted them to be. She used this with a small child. The child was ill and she willed the child to be well. The child became well. And she shared with the child what she had done. Then the child used her thoughts to bring great harm upon Leona. At that point, a separation occurred between Leona and me because Leona willed harm upon that child. And the child died. She must remember that all thoughts that she has for other people must be for their good, and that I mean only good for her.

MONROE: That is very significant... Can you tell us something about the first breeding (*inaudible*) in Lemuria? Where was it located?

MIRANON: In your time span, Lemuria existed about 12,000 years ago. It was located on your Earth. The people were very advanced, and they were very peaceful. They lived to themselves in small groups connected by telecommunication.

Because the people were peaceful, they were in danger from many of the forces on your Earth. The civilization died out because it could not evolve along with the evolution that was going on at that time on Earth. The spirits of the people of Lemuria travelled on to Venus and established a colony there.

MONROE: Did they assume a humanoid form on Venus?

MIRANON: Not as you would define it. They were advanced enough not to need a physical body as you need a physical body. The people of Lemuria developed their thoughts. We developed our abilities to communicate with our thoughts. We developed our abilities to love, to love so that we were all at one with everyone. There was no fear within our civilization. We were not able to exist on the planet Earth.

MONROE: *(inaudible...)*

MIRANON: The planet Earth as you know it has gone through many evolutions. I was on Earth for many lifetimes but not always in a physical body as you know a physical body. The Earth has gone through four evolutions... and it will go through three more evolutions. I would like to describe them to you, but would like to check on Leona first. She is disoriented. I think she is in need of returning.

MONROE: *(inaudible...)*

MIRANON: Yes, I would like to talk with you some more on this. Thank you, goodnight...

Some time after...

EXPLORER: ...at first, I didn't really think there would be any contact. The light... the vortex.... were very attracting. And I see that the pattern... *(inaudible...)* and then when I was saying the name (Miranon) over and over, I just became aware of a feeling that I was separating from my body, and when you said «Good evening» (to Miranon) it was very clear and seemed just as much me than it was him. Then I went into a kind of cocoon as experienced once before, and was quietly there, just listening to what you were saying. And when you started talking about the child, I sort of started crying and I wanted him to go away, but did not seem able to... so I just laid back and the cocoon turned into a big vortex and I felt I was being sick to my stomach. And that is when I felt able to come back. I was totally disoriented at first when the light came on. I did not have any spatial relationship to the room.

Comment: It is interesting to note the concern Miranon has for the well-being of our Explorer. This gradually gave us a greater sense of confidence, to say the least. To give you an illustration, here are portions of the following session...

EXPLORER: *(inaudible...)* ... in the palms of my hands... suspended. It is like a balloon that is being blown up and

up and up... and there is a very beautiful purple space above me... (*long pause...*) ah... it's very dark... I am floating. (*another pause*) ... the light in front of me keeps expanding; I'm going to go towards that... It feels like I'm dividing... I feel like I've staid in a cold (*inaudible*) of ice cream... I do perceive a pulsing of the colours... but I can't visualize the colours...

(*Miranon enters SHE's body.*)

MIRANON: Good afternoon... We have much to talk about...

MONROE: (*inaudible*)

MIRANON: I have been watching. And I feel there needs to be some definition of where I come from. Leona is unsure. I have told you earlier that I come from Level 46, and that in the physical world, there are 21 levels.

You have the plants that we put in 7 levels —7 is the number of the universe— and you have the animals in the next 7 levels. And you, as you are incarnated now, are operating in the next 7 levels. After you leave normal consciousness, you can penetrate into other levels. For me to speak I have to bring Leona into the next level and I have to cross into that level also. But I can feel that it is a strain for her body. I mean her only good. And on the levels I am operating on, I am working with ways to heal, not only in the first 21 levels but in levels that others are in beyond physical consciousness.

I said to you earlier that there were 7 evolutions the Earth would go through, do you remember that? The Earth is now in its fourth evolution, and I know that Leona has been wondering

where I come from... I spring from the light that was there at the beginning of consciousness... it is hard to find words but I guide through the evolution your world is into now.

Because the Earth is in its fourth evolution, I work through and with the Christ spirit. He is the Master of the Fourth Evolution. When the world enters the Fifth Evolution, there will ne newer and greater teachings... but not until then... It is beginning now. It is an evolution in which all beings will begin to radiate light. Light that they can perceive and light that can be perceived in the cosmos... The signs are a restructuring of light as you know it on the Earth.

Man will begin to study himself. He will begin to recognize the potential within himself. Up until now, Man has been concerned with development outside himself... but that will change. There will be a greater awareness, not just of individuals, but of groups. And these groups will initiate changes. You are part of that group. You are bringing expanded awareness... *(long pause...)* ... I am an energy...

EXPLORER: I... I... need to come down...

MONROE: Debrief... How do you feel?

EXPLORER: Tired... Wherever I was, at one time I felt uncomfortable and I wanted to come back. It was like I could not get anyone's attention. Before, I had a sense that he had an idea of where I was and I didn't at all this time. It was kind of nice to know that I could send him off... I feel closer to being able to experience a gradual separation. Then I was trying to be aware, trying to pull all of my energy through my feet, and up into my head, and out the top of my head, but I don't have any perceptions at all...

(Miranon re-enters SHE's body.)

MIRANON: It was very hard... Right now, her physical body is not in very good health... I hesitated to come and I was not aware the last time of her needs to be back to her body.

It could be interesting for you to measure her heart beat and breathing when I am here. I think it does change. You have a very good device for measuring heart beats. I am not sure on measuring breathing what you have. Leona has little knowledge for me to communicate with. There is change in her body temperature. Does your instrument measure that?

When I was here last week, you asked if I could speak through other people... I can do this. You are very wise to have Leona only think on the colours... they must pulsate... It's not always easy to enter and speak... I may speak in other ways... with Leona sometimes I speak through pictures or communications that she hears. But she is not as receptive to that. Perhaps one of your other people might be...

It is difficult to communicate when the words are not there. I am only energy... I can bring you only what is there... I can flash colours to you, for you to perceive them... It is probably good if she comes back... Thank you, goodbye.

END OF RECORDING

—INTRODUCTION TO VIBRATIONAL STATES

—DISCUSSION OF LEVELS

—DISCUSSION OF NUMBER 7

—PURPOSE OF GUIDANCE COUNSEL

INTRODUCTION: *This is a composite of several important meetings with our friend Miranon, courtesy of SHE. We believe it to be one of the most interesting descriptions of total reality we have yet encountered. It begins with SHE in Focus 12. As she was unable to get well stabilized I suddenly thought to ask her to describe the levels from 15 to 22 and back. These are the levels that Miranon reported as being those of human life here on the planet Earth. And as I counted, here was her response:*

EXPLORER (SHE): ... I was in a vortex of some kind; I was caught in 22. Level 22 is not physical in any way; 21 can be either physical or non-physical, depending on where you choose to focus your energy... I have a wave of thought... I just had the number 18 come into my head... and the sense that is behind that, the one I am receiving, is that that is the number on which I am focusing, but that 21 is more of a total transcending —and yet, an acceptance of the physical form— but you can transcend it if you want to... *(inaudible)*

When you said 22, I became the blue light, and it was a very slow-pulsing wave. It was not moving very fast. And when you said 21, the whole vibrational state changed. It was rapid, and yet, standing still... it was a much higher vibrational state —I wish I understood more about vibrational rates—

And yet, it was on a physical plane, whereas 22 wasn't at all ... and so, 21 was much faster... but there was an awareness of the physical form...

When you said 20, I really noticed what was happening to my body, because the vibrations slowed some and I became much more aware of my voice, and the sound of the tape, and of your voice —of the physical things— whereas before I was more aware of the energy... if that makes any sense...

The pattern continues... the vibrations are slower than at 21, and the noise is louder. Now, I suddenly become aware of my breathing and some of the tension in some of my muscles. It is like... the word «resistance» is coming in. There is a higher resistance to the vibrations, so they can't flow as rapidly; but as you go in the levels, the resistance dissipates so that the vibrations can travel more smoothly...and yet, they are faster. And since I don't know anything about physics, I don't know if that makes any sense or not... I started quivering in my right arm... the sense again of having slowed down some, of being more aware...

Now I can feel a slight pulsing between the... whatever I have between the fingers. I also feel heat... There is smoothness, more smoothness in 18 as far as... just feeling as floating, and less awareness... it seems to be that in 18 I was moving out towards my limbs and sensing them...

In 19 there is more than just the awareness of my breath —my voice sounds fainter... *(long pause...) (inaudible...)* It is smoother, there is less friction; it's very comfortable.

Level 21 is more difficult to describe... I just feel very peaceful. I feel as though I am moving or vibrating, or whatever... but there is no motion to it. It is neither up or down or forward or... 21... all appear very comfortable but very different...

The sense that I just had... it was like a rainbow going before me —of colours— and they're like the colours Miranon has described. They're all going in different beats and moving... the pattern is really... it's like a spectrum of 22 to 28, or something like that, and they are all interwoven... I think I can draw it for you. (*See accompanying diagramme, page 40.*)

I like 21. I just kind of stayed there, and the sense I had was like... when you asked that, I got the illusion of looking at a sunset, and having a sense that the horizon is the end. But it is only an illusion, because when you go forward in the levels, ever new levels arise.

Miranon enters SHE's body.

MIRANON: I apologize for being so late. But I need to thank you and to tell you that I am glad you received my message. If you would like to explore these levels, I will be very happy to do so with you... I needed for Leona to experience them on her own before we began; and I have been sending you this message. I am very glad that you received it...

It would be very hard for me to enter these levels until she is prepared for it. Twenty-one is a good level for us to work from, and it is a good level for her to be in. But until we have worked at it for a while, she is not ready to

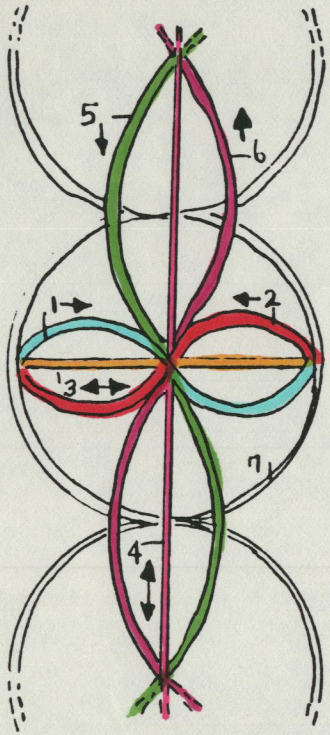
go further. And she is right, she is primarily operating from Level 18, which is a much slower vibrational rate. Her body will have to change its metabolism if she goes to 21, and especially if she goes higher. But 21 is safe for her at this point.

I must go now, the vibrational levels are very high and Leona needs to rest and come back. But I will be with you very soon and, hopefully, we will have time together... we will begin working... Goodbye...

MONROE: Goodbye...

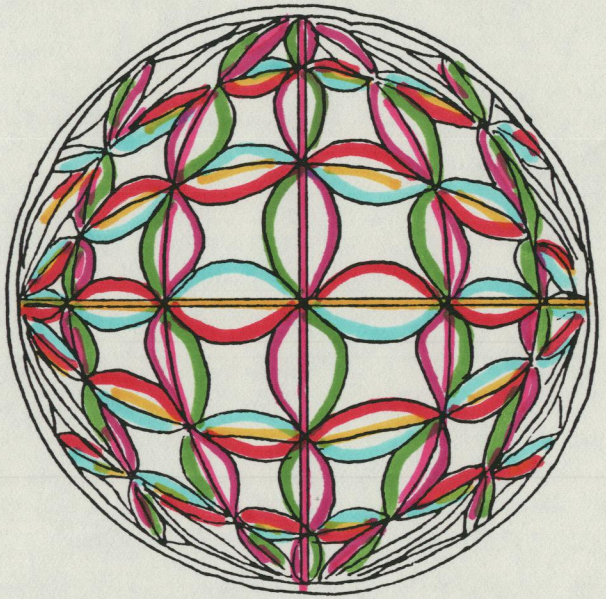
COMMENT: The question about a sudden thought, or the idea of running SHE through the various levels at her conscious Focus 12 state was an interesting idea. I thought it was my own idea, but evidently not. When SHE arrived the following week for the next session she presented me with a diagramme —a chart, as it were— of the 21 levels of physical matter existence, here on this physical Earth. She didn't say how she got this, except to say that it came to her. Also, she indicated that it was for me... and in the following session, you can see what happened. Without much ado, our friend Miranon returns.

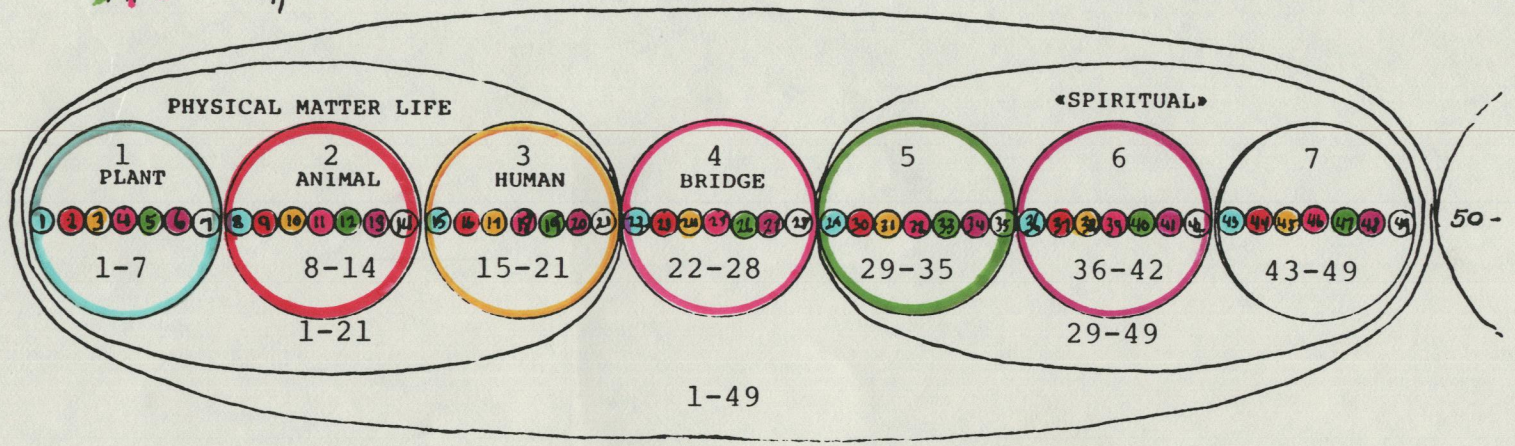
MIRANON: I understand that Leona has given you a diagramme of the levels. And before I talk about specific levels, I think you need to know an overal pattern on the levels. And that is what I would like to talk to you about today, unless you have some other questions...



THE 7 RESONANCE CONCEPT

1.	BLUE	1- 8-15-22-29-36-43
2.	RED	2- 9-16-23-30-37-44
3.	YELLOW	3-10-17-24-31-38-45
4.	ROSE	4-11-18-25-32-39-46
5.	GREEN	5-12-19-26-33-40-47
6.	PURPLE	6-13-20-27-34-41-48
7.	WHITE	7-14-21-28-35-42-49





MONROE: I think that would be very good. I am ready, and even have the diagramme in front of me. (See page 40.)

MIRANON: Very good. There are many levels. As I have said to you, I am on Level 46. All of the levels are related to the number 7. The *first level* is always a pulsing level. It is the beat of life, of the impulse —of being. It is the flowing quality of what we have talked about earlier. And since entering any new plane of existence is oftentimes difficult for the consciousness, this colour is a very soothing colour. This level has a very soothing colour to it, and that is just as Leona has described to you last week —a **blue**. It allows the being or the consciousness to make a smooth transition. But this level is also a level that is somewhat difficult for the consciousness, because on this level it is new to this plane... and it must become secure... it must develop feelings of being comfortable in this plane... and therefore, it can only flow in the horizontal direction. If you will notice on the diagramme, the first three levels are all horizontal levels... They are all levels in which the being is becoming more comfortable in this new plane of existence, in which it is learning, and in which it established the foundation for the other levels within that plane of existence. Are you following?

The *second level* is simply a mirror image of the first level. It is the reverse, and the two are very complimentary. Because security has been established, it can have a colour of greater intensity, a colour with a higher vibrational rate. And that colour is **red**... When a being is on this level, he is developing an awareness of all the realities of that plane. In your plane of existence, it would be a total awareness of the senses, a total immersion into the outside reality brought

in by the senses. And because it is still directed to an understanding, a learning about this plane of reality, it is still on a horizontal level. Another point that —there is so much to tell you— another point about these levels is that all of these colours radiate. They are not simply the line as such, but like the auras around every living thing. They radiate and form an arc-like pattern around the wave form. So it is possible to have points on any level where you are in contact with any level. And they are all united. If you will notice, there is nothing separate or distinct at any point on any of these levels. They all touch the other levels.

The *third level* transverses or goes through the middle of the first two levels and can reach out a little more directly into other spheres, other forms of life on the same plane. This level has a different intensity to it. On this level, there is more of a development of inner awareness —it is still a horizontal level— but the colour for this level is **yellow**, and it does not have the heaviness of the second level. There is an expanding of the consciousness, an increasing awareness of that plane of existence. And with this expansion, this development in your plane of existence, it would be a development of the mind, an expansion of the mind. There comes a need for more power. In this way, power can be gained over other forms of existence on that plane, but primarily only on that plane. Again, this level is a horizontal level; it does not ascend or descend.

The *fourth level* of the seven is the one that both Leona and I are on. It is the reason why we can have contact with each other. It is a vertical plane. It is the beginning of the ascension and descension. This plane can either ascend or

descend, and therefore we can meet. The colour for this plane is a **rose** colour. It is a lighter colour. It is a plane that brings greater unity to all the planes. The primary quality of this plane is what you call *love*. There is an openness to realities beyond this reality, beyond whatever plane you happen to be on... and it opens the door to expansion into other realities...

There is a lot of tension, now... I need to check on Leona. I will return... (*pause...*) I have finished the fourth level. This level is very interesting.

The *fifth* and *sixth levels* are closely tied together. There are very few consciousnesses that are on the fifth or sixth level. For example, when I transcend the 46th level, I will be in 47 and 48. I will not be just in 47. They are very complimentary levels. The colour for this *fifth level* is primarily **green**. It is what you call you *healing light*. And it works very closely with the rose light in Level 4, which again, are interrelated. But in the fifth level, there is a tranquility, a sense of inner peace that comes from the development of this awareness of the love consciousness. And it is primarily a descending level. You become more acutely aware of the realities of the levels beneath you... «beneath» is not the right word, but for lack of a better one, it will have to do... It is primarily a level that gives you an understanding, like the rain.... The rain would be on the fifth level. And as it falls, it understands. It has an awareness of the reality it is entering. It is a different reality from the reality of which it has been a part.

The *sixth level* is primarily an ascending reality. It allows you to have greater understanding of the levels yet to be

attained. And in this reality you can transcend the plane on which you are presently existing. You are presently in this plane...

MONROE: I am?

MIRANON: Yes. You are in the fifth and sixth planes, but are working primarily from the sixth plane. You have an awareness of the fifth plane also. I must check on Leona again... The colour for this *sixth level* is **purple**. But it is a different kind of purple... That is the sixth plane...

The *seventh level* is the full circle at which you understand and have a complete awareness of all that is in your plane of reality —a complete and total understanding, not only of yourself, but also of all of the levels that you touch. If you will notice (*on the diagramme*) the seventh level touches or crosses every other level of existence. It has the harmonizing influence. It is the level that unites everything within the level, and it also has the ability to cross into other levels. Since the light is pulsing, since the light radiates, it touches all the levels, the levels above it... again, «above» is not right... but the levels «above» it, «below» it, «on top of» it, «in the back of» it, for lack of better analogies. The colour for this level is **white**. There is no colour or there is all colour. And it is the highest level you can attain and still stay in the plane of reality upon which you exist. That is the basic understanding I have of these levels...

MONROE: It is indeed very interesting... Does this just apply to physical matter reality, or to other states of being; these seven levels?

MIRANON: This applies to all levels of existence... physical or non-physical; it does not matter. As I have said to you earlier, plants exist en Level 1 to 7. They are on the vibrational rates 1 through 7. It is the same pattern. Animals exist on Levels 8 through 14. And when a person... or when a consciousness attains Level 14, it can no longer go any higher unless it is willing to change its form of consciousness. Levels 15 through 21 are what you call human life on this Earth. When a person progresses to Level 21, he then has the choice of going higher or staying within the realm of human form. But he cannot go higher unless he is willing to give up human form.

MONROE: Give up being human?

MIRANON: Levels 22 through 28 are your bridge. They are levels that you enter upon death... I told you earlier you were on Level 6; you are working from Level 6. Because that is an ascending level, you can enter into the realm beyond life. But you cannot stay there unless you are willing to give up your human form. Is that clear?

MONROE: That much is clear, yes...

MIRANON: And then, once a person or a consciousness —we are talking about a consciousness— reaches Level 28, the bridge is crossed, and from that point on, for that consciousness to evolve higher, it would not again assume human form of any kind. Not even as a learning experience. I will never incarnate again as a human. As another form of life, yes, but not as a human.

The words are very hard because your plane of existence is not the same... Perhaps I can explain it by asking you to image seven circles, which would give you the 49 levels. The first three levels are physical matter —as you know physical matter. They are your plants, your animals, your humans. The fourth circle is your bridge, your realm, your centre for that overall plane. It is a time when a consciousness can choose whether to go back into the lower levels or to transcend into the higher levels. And many consciousnesses do choose to go back into the lower levels, into physical form.

The upper three circles are the realm that in your consciousness is called the *spiritual* realm. Here, much of the «work» is done. Here, your guides choose actively to <u>be</u> guides, to those of you who are in physical form. And the guides choose the beings related to the level of evolvement upon which they are. For example, I could not help very much someone who was not on the 18th level, because my plane, my vibrational rate, would be different. This is why it is hard for me to help you with specific problems. I can give you ideas but I cannot give you direct guidance... I could if you were on Level 18... Our planes do touch since yours is an ascending spiral, an ascending... what is your word for that...? it is... *ellipse*... it is an ascending ellipse. And so therefore, I can cross over and communicate with you; but not as directly.

Once I reach Level 49 —which I will— I then leave all of this realm of existence. It does not mean I have reached the highest point, by any means. It simply means I have left this particular group of sevens, this overall group of sevens...

Image, if you will, the seven circles enclosed in an even larger circle, upon which seven more circles are stacked, which is in turn enclosed within an even greater circle, and then you can have some idea of what infinity is. It does not ever stop. (*See diagramme, page 48.*)

MONROE: Well... I must confess that... that all this is kind of hard on my little, tiny, poor, physical matter consciousness...

MIRANON: *(chuckle)*

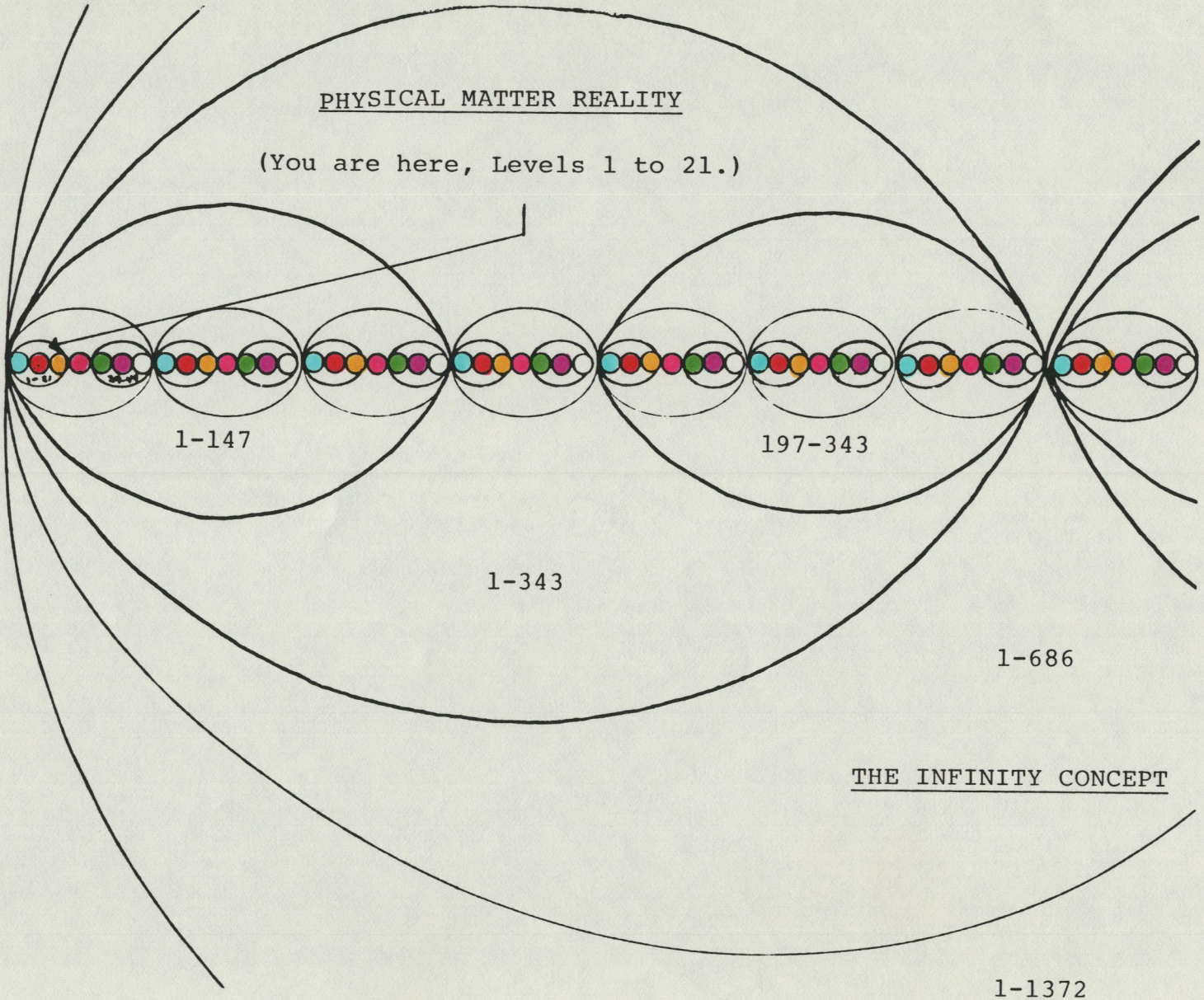
MONROE: It certainly is...

MIRANON: That is true... I must... it is very hard on my consciousness also... I feel at times, because I am very near to completing this circle, that I have accomplished a major evolvement for my consciousness. But then, when I try to explain it, I realize how far I have to go yet, and how little I have actually gone through.

MONROE: You have done very well, thank you.

MIRANON: I must tell you that the communications you receive... I am working with several of your people, but it is not in the same form. Again, we are all on different vibrational rates. I am aware that there is communication, and I am aware that you are receiving information from many levels... Because my level of consciousness is one of love, I leave you with love... Goodday...

MONROE: Goodday... and thank you so much for coming...


PHYSICAL MATTER REALITY
(You are here, Levels 1 to 21.)
1-147
197-343
1-343
1-686
THE INFINITY CONCEPT
1-1372

Comment: And there you have the cosmology based on the number 7. The 7s and the 49s. And the 21s. An interesting facet of this session you have just heard was the fact that we were finally able to get a chuckle out of Miranon, and, that might indicate that he still has a great bit of «humanness» left in him...

The session did provoke a lot of other questions, and one of those questions was about guides and counselling. And, in a following session, here was his answer to one of my questions as to who does what in the guiding...

MIRANON: I can offer you guidance and give you insight as to what will happen, or in giving you guidance as to what can be done with individual people... but I cannot tell you... I am not allowed to tell you exactly what will occur...

MONROE: You are not «allowed»...? not permitted?

MIRANON: That is hard to explain. On my plane, there is no restriction from... You have in your world a concept of authority; of people who have power over other people, am I correct?

MONROE: Yes, unfortunately we do.

MIRANON: Now, here, we understand that each person within himself knows what can be done, what is wise to be done. And when I say I am not allowed to tell, it is my own self that does not allow it to happen. It is... you must tear the veil for yourself... I can show you the corner of the veil, and I can help you lift it, but I cannot tear it open for you. I am here to give you what counsel I can...

There is an interesting concept that I have been working with, penetrating into Leona's concept, into her mind, on the purpose of guidance and the purpose of counsel... I have said earlier that I am part of Leona. Any guide that can make contact must be a part, must have a close relationship with the person with whom he is making contact. This is very hard to explain...

There are guides for every person. We have all split in many ways, and yet, we must all come back together before this phase is over. And the guides who have gone a little farther —that is not a good word either because it is all the same distance; or progress is not relative on my plane— but we must all reach a point where we can come back together, and my purpose now is to gather up the other parts of myself, and help as I can for them to see. Leona has five guides working with her.

MONROE: How many guides do I have? Can you tell me how many? Or if any at all?

MIRANON: You have nine that I know of. But I am sure there are many others.

MONROE: But what is the purpose? What is the reason behind all of this guidance? How does it work?

MIRANON: It is all necessary... There is a need for each potential to be developed and explored within each of us. There is a... It is like a rubber band that has to expand. And the parts of it are still connected, but some have expanded in one direction and some in another. And for the tension to be released, all of the many parts must come back

together. Like the rubber band that has never been really separated, it has never fully been broken. Veils have been drawn, so that... For example, Leona has had a sense of being separate from all that she is a part of. But she has never been separate completely; the band has never been broken.

MONROE: Then, from that perspective, from your perspective, it would infer that there are many of «us» at the same time, as it were...

MIRANON: From my plane, yes, there are many of you in existence. You are all a part, at the same time, of the same rubber band. And time has no value. This is why it is hard for me to give you names, because I do not know you distinctly by names. But when you say «now» in reference to your time... Just a minute, I have to check... Yes, there is... there is a part of you that is doing research very much like you are doing now. Leona, at this moment in your time, has no counterpart. Otherwise, I would have to be working with that one too.

MONROE: I guess you would. And there is... another me, then. That's interesting... But what is the sum of all this? What's the meaning? What is the total?

MIRANON: The total?... this total that is now in tension... has been tried to be defined by your philosophers for many of your Earth years. For me, it is creative energy. That is how I know it. And it is forever in motion.

Before it began to be stressed, before the tension began to be as it is now, there was the creative energy that was there. It was not being used as it could be. The tension is also necessary for this creative energy to be used. However, the

tension needs... it is like your heart: it needs to pulse, it needs to tense and relax for the true creative energy of it to be felt. And at this period in your time, it is not pulsing as it should be. The tension is increasing; and this is why there are many forces coming to open the way, to letting it relax...

All forms of your energy are based on pulsing. The work you are doing is based on pulsing. Your body is based on a pulsation; and so is this creative energy. Life cannot exist without it.

MONROE: But what is the purpose behind all of this? What is the purpose?

MIRANON: I have thought of this. I am only on Level 46 myself, and do not understand all of the mysteries... But the sense that I have is that of the *rythm*... I have watched Leona. She is in touch with some of this... with some lessons she is working with on life. And I am sure that she is aware of the full potential. She should explore that more. She is listening today.

(*To Mr. Monroe:*) You will have to get in touch with this pulsation. You are under tension now. Relax and one of your guides will give a clear message. I cannot give you a clear message. I cannot give you a clear message because I am not one of your guides.

MONROE: I'll try to do that, thank you...

MIRANON: I think it will be good for Leona to have time here, and I hope that she can plan an extended time here. I have much to say for you and for her. Goodbye.

MONROE: Goodbye. Thank you for coming. (*To Explorer:*) How are you?

EXPLORER: I'm fine...

END OF RECORDING

—WHAT IS REALITY?

—BASIC MOTIVATION TO REACH HIGHER UNDERSTANDING OF SELF

—PURPOSE OF SLEEP

INTRODUCTION: *This is Robert Monroe. And welcome to another Explorer Session. This time, we return again to the explorer known as ROMC. We bring you this one to illustrate the type of profound dissertation we have often encountered. It is also a demonstration of the most effective technique for opening communication, once the channel has been carefully cleared and tuned. We begin after some 20 minutes of such preparation where ROMC is finding it difficult to still control her vocal cords...*

EXPLORER (ROMC): ...It is like a funny thing is sort of happening, I have never had anything like this happen... I am supposed to ask a question, and then someone will come through and answer it... It is sort of a strange feeling, but what they are trying to show is the levels of consciousness where I can be a part of something, where I can be observing it, and also the ability for them to work through my channel... and for me as well to be able to speak through this vocal box... this, to show me that I am not completely out...

I keep (*chuckling*) getting a question... seems like a tough question to me... I don't know quite who is giving me that question... I don't know why they don't start with easier questions... Ok... I will just say the question: «*What is the nature of reality?*»

Long pause, heavy breathing. Energy-Being enters ROMC' body, and experiences difficulty in working with her vocal cords.

ENERGY-BEING: The question regarding reality is a most important question to deal with, even though it might seem trivial in the mind of this channel. We are dealing with this question and have asked her to bring it through so that she may understand more fully the purpose for which he exists.

Reality, first we shall say, is a word which is created in the mind of Man. Because it is a word —that is created— the word itself is one step out of its own aspect, which means that that which is not of the original is not what is considered reality. That which the eye can see is not reality, because it is one step beyond the created.

Reality is that which is conceived in a pure state of consciousness, and it is not that which is perceived by the eyes and senses of Man. Therefore, upon the Earth level, there are millions of realities that exist, because Man creates what he considers reality. But it is only an image of that which is conceived in the original state. This is why there is much confusion on the Earth level. And because there is confusion as to the true nature of reality, there is confusion as to existence, and as to words which you consider important.

There is confusion as to what is *truth*. I point this out because when Man thinks he is dealing with *reality* he is merely dealing with shadows of thought, and therefore, often, it is the *unreal* nature of the truth. And the truth, in essence, is that which is a part of the consciousness within Man.

Few people are in touch with the true nature of their pure state of consciousness. Most levels of human existence are on the operation level of the senses, that is, what is conceived through sight and sound, and what is experienced in the outer level. Therefore, this means that most humans are one step beyond reality. And this is why there are many who have drawn themselves a closed-in area where reality is quite narrow. This is why there is a retardation in most of the souls of the Earth level, those who are out of touch with true reality.

When a soul gets in touch with its true levels of consciousness, there are no boundaries. And the boundaries that Man has created have become his own prison and have kept him from truly experiencing the nature of the true consciousness. And it is only by going deep within the levels of his true nature that Man will get into attunement with true reality.

The experiences which this soul (ROMC) has had in going into various levels of consciousness are levels of reality, and they are unusual to this soul, and therefore often seem «unreal». Once the soul begins to get in contact with the other levels of the nature of reality in its pure state, it seems that things are «unreal». And we have brought this question, and we have brought this soul into the experience of seeing into various levels of her existence so that she might be aware of that which she has thought was the «real» world is merely a shadow of that which truly exists.

The Earth, and many other aspects of the Earth —that which is physical— has been created in the minds of the creators. And the creators are on many different levels. Much of what has been created on the Earth level is in its second state of existence, and therefore, one step beyond reality.

There are other steps that get further and further away from reality. As a soul gets further and further away from its true nature, and into realms of that which the souls have created, thinking that it is real, then the souls are stepping into their own thought-forms and surrounding themselves with these thought-forms which are merely capsules of the extension of the «real». This is difficult to explain, but, as we are discussing, we are showing pictures of that which we are presenting so that it might be more understandable. We want this soul to realize that the «real» is that which exists within the consciousness level. And the «real» is not only that which exists, but that which is truly experienced in the first... shall we say... that which is experienced within its first phase.

That which is experienced within a second phase is that which has stepped out one step beyond reality. Therefore, many who are living on the Earth level are living one step beyond reality, because many are living in the false thought-forms that have been created around them. And they are living not only in the false thought-forms that they have created around them, but those that have been put into their consciousness.

It is extremely important for souls who want to get in touch with the true nature of reality to get in touch with the true nature of their being, to get in touch with the true nature of their higher self. This means that, a soul in search of *reality*, in search of *experiencing* the true nature, must drop all thought-forms that have penetrated his mind, and work to go into the pure levels of thought. The pure levels of thought are pure levels of energy. Energy thought-forms that are in the pure state carry a great amount of the type of energy that flows in a rapid state of vibration —so rapid that the

soul that operates in this pure state of thought can create most unusual circumstances, and therefore, can be in complete control of their own soul universe.

Each soul is in itself a universe, with the highest levels of energy. But most souls on the Earth level, because they have been so penetrated and blocked, and closed in with false thought-forms and unreal aspects of their nature, are held down from the pure energy flows. Therefore, we say that the true purpose of the souls in the Earth body, on the Earth level, is to get in touch with the true nature of the self. By getting in touch with its true nature, the soul is in touch with the true nature of reality.

The Earth has created many frictions around it because the thought-forms created from the beginning of the Earth —the thought-forms that Man has brought— have been left surrounding the Earth. These thought-forms, which have been past down from century to century, and through all the institutions of thought in all levels, have lost their energy and have gotten further and further away from the original reality. Therefore, as all the false thought-forms hover within the minds of Man and around the Earth, they create a stale atmosphere, and souls that walk the Earth now and who allow themselves to live in this stale atmosphere of false realities are going to be locked into a level of consciousness until they see that they cannot live in these false realities which are penetrating from within and from without. And we are telling this soul (ROMC) and showing this soul so that she knows that what she is experiencing is an important level of her own reality.

We would also like to mention the importance of the differentiation of information that comes... even from beyond the

Earth level. Information is constantly received through various channels, and each channel is a reality in itself, and is in touch with a level of reality which is made up of other beings with their own reality levels. Many confusing thoughts are brought into the Earth level from various levels of consciousness, and therefore we say that, even though information comes through, even as I am bringing information now, it is directly coming from my level of consciousness into the level of consciousness of this channel. Therefore, this also is one step beyond reality...

I am pointing this out because I have a level of reality which I experience, and there will be many working with the channel. We all work on levels of our own reality, and there are those who work with us from their own level of consciousness. These levels are important. However, the reality is that which the soul must experience in its own pure essence, and therefore, anything that I would say which this soul would not be in tune with is out of tune with her reality.

We work with souls on the Earth level because we are trying to help souls get in touch with their own reality. It is as if two persons were in a discussion and were working together to help each other. Often, there is a difference of opinion because of a difference of personality and the nature of each being. But each being has the basic right to his or her own concept, and therefore, we encourage this channel to be completely aware of the nature of reality, and say that that which she is in touch with from her highest self is her reality. And there are many other realities working with her.

I work as well to come into the higher nature of my reality. The purpose of working is that we all can grow into an understanding of the higher nature of self, the highest levels of light consciousness. Therefore, as I come, I bring my own level of reality, and I make it clear to this channel that we are working on different levels of reality; but we work in special vibrations and say that it is up to her to accept that which her soul is in tune with and to reject that which her soul is not in tune with.

The main thing that we want to point out is that, often, that which those on the Earth level think is «real» is often the «unreal»; and that which the souls think is the «unreal» is often the «real». We are helping this soul to understand this so that she might more fully and completely accept these experiences of travel into the deeper and higher levels of consciousness. She is coming into touch with her own levels of reality.

As the soul goes into the greater depths, it travels into levels where words —such as the word *reality*— are insignificant and have to be disregarded, because when a soul gets into true touch with reality, there are no words that express this true level. There is only that which is called the *knowing level*, and that which is the *experiencing level*. When this happens, the soul is in absolute attunement with the true nature of life. And at these levels it is very difficult to put the experiences and the understanding into words.

This is an important question which we have dealt with, because, as we have brought this question out into the open, it is helping this soul to see more clearly, and understand and feel that the true nature of her essence is in tapping

into these levels of consciousness. We are travelling into many levels, and it is good that she questions. Now, we have helped her to see that she is now one step closer in understanding that which was not clear in her own mind.

MONROE: How can one help in the achievement of this *knowing* state?

ENERGY-BEING: Each soul —as a soul grows in understanding its own nature— comes into flashes of knowing that which is real. And the most important way to probe into the *knowing* state is to drop all pre-conceived concepts of what the world says is «real». Each soul must go within to receive guidance continually. And it is important that each soul learn to follow what you call the *intuition* —which is beyond the mind. This is a very high level of knowing which is a very important and delicate... that very delicate... channel, shall we say, that is the tie between the very highest self and that level of consciousness that the soul is open out into at a particular moment in time.

Of course, as you know, there is no time as you experience this. And in the time level, when the soul follows that very important aspect of this guidance which comes from the *knowing level* —as you will recall, from the *intuition*— as the soul gets more in touch with this level, and does not allow the mind always to try to think through and make decisions from the thought process, it is then that Man gets into the *knowing state*.

The mind is to be used for this specific purpose: to help the body work through the levels of consciousness while in the physical state. But that level which is most important

to follow is —shall we say— what you call the «gut» level.. and it is important always to follow these most important feelings which get closer to that *knowing level* of existence, if you know what I mean... and I know that you know what I mean...

MONROE: Yes... How can we strengthen these intuitive connections? Is there a way, a thing that we can perform?

ENERGY-BEING: The main way to strengthen is to follow. This is something that must be done continually in every aspect of life. But trying too hard —even to strengthen— can be a problem, because, again, the mind is in full operation. The mind should follow the intuitive level. Therefore, we say to keep the mind clear —a clear channel— as often as possible, using the mind for pure concentration, and for thoughts that are constructive.

To learn to concentrate and to get in control of the mind is important, because when Man gets in control of the mind, he is then able to get the mind out of the way. And when the mind is out of the way, the intuitive levels can operate more fully.

It is the great paradox of the nature of Man. If Man would only realize that the states of consciousness that are most important are not the waking state as he thinks, but the many other levels which he is in touch with. The levels of consciousness which are the levels of experience that take place in the state when the soul is most relaxed is also a very important state. And there is much to be learned and experienced by Man as he gets more in touch with these levels of what you call the *dream state*. And understanding more of

the self through these states helps Man to get more in touch with that intuitive nature. There are many aspects of Man that are working for him, and often it is the mind of Man that works against his own nature.

One important thing for Man to learn is to just let go; to let go and relax, and let all of these true aspects of his nature come into their full being and full reality. However, getting in too much control of the body, and doing too many of the mental exercises, can confine and shut out some very special energy levels. Therefore, we say it is a good experience for Man to do «nothing» —it might seem strange to say— but, as Man learns to experience the «nothing» level, he is getting to that level where some of the false thoughts have been able to flow out of his mind. And at that level he can truly experience his own nature.

Some of the important experiences have happened to those who have gotten into those levels of what you call *meditation*. This «nothing» level of experience is the true level where Man can get in touch with those vital energies that are truly aspects of the highest self. It is a strange paradox to speak in these terms, but I think you understand the nature of what we are trying to describe.

MONROE: Yes... But in terms of Man's concept of what it is he does when he dreams —and he lables them *dreams*— what is happening to him at that time?

ENERGY-BEING: There are many thought-forms that get imbedded into him by strong emotions. These strong forms that are in his mental state are often so strong —by that we say our emotions— that they are imbedded in his subconscious, and

therefore, because they are imbedded there, they must be released. And, often, much of what Man experiences but does not want to face, most often, is his true self.

The great reality of Man are those thoughts that flow through the mind, the thoughts that flow rapidly through the self. And the emotions which are a part of these thoughts —the emotions are a deep part in a man's nature— these emotions which he does not understand and cannot handle are incapsulated into levels of consciousness, and therefore, it holds down many, many levels of energy.

These capsules of emotional blockages must be released. As soon as the body and the mind are at rest, the emotional capsules start rising to a level where they just open out, and Man can look at them from another state of consciousness. And, as they come up from very deep levels of consciousness and are open out for him to see and to explore, often they are released. When they are not released, they will come up in another form, in another visual image. And they will continue to come until the emotional... until the strong emotions that are creating the energy blockages within the soul are faced and handled.

There are many souls who carry the same emotional blockages throughout a physical lifetime. This is why there are certain dreams that often reoccur —and often throughout a lifetime, until certain emotions are handled. But because of the great complexity of Man's nature, there are many different types of images that can come into the dream state, some of which are important for him. If the desires are there to know and understand something of what is to be, then it is possible for a soul to tap into a thought-form of the future. This is

why there are many types of experiences during the dream state. However, once a soul has been able to purify and to continually release these thoughts, these emotional... shall we say, «capsules»... or the emotional molecules that are there... and some, of course, have many more than others, for various types of reasons.

The more a person is in tune with his higher self, and the more a person is in touch with the reality of his nature, the less it is important for him to have to experience this certain level of the dream state. Therefore, there are those beings on the Earth level who, being in touch with their nature through the meditation states or the states where they are in touch with their consciousness levels, are able to continually, throughout each day, release all emotional blockages instead of allowing emotional thought-forms to be pushed down. When they are released continually throughout all levels of experience, they are not pushed down into the subconscious. This is why there are those who, as they work with you, are in touch with their level of reality. They are able to release these emotions and have experiences that can help them rise beyond what could be considered the «petty emotional blockages». However, we should not say «petty», because there are many, many souls who are controlled and completely locked into these certain levels of consciousness, because these emotional thought-forms hold them down to one level of consciousness. Those who are able to come through these levels can rise rapidly into greater realms of reality.

There are those beings who, in stepping out even of the physical body are still locked around the Earth, locked into these emotional thought-forms which hold their consciousness level down to the Earth. These are what have been considered

what you call the *earthbound spirits*, and those, also, who have been called *ghosts*. These are merely souls who have been so locked into, or have allowed these emotional or mental thought-forms to become their existence; to be what they are. They allow this to become their reality. Therefore, these souls are locked into this state of reality, which is their state of reality at the time. It is a level of consciousness.

They are locked here until more truth is revealed, until some aspect outside of their level of consciousness can help them to at least see and to be released into another state. This is why there are many things taking place within the human levels of existence.

All experiences are most important. But one of the most important is for the soul to continually be in tune with his own nature, and to release all or most of the emotional and mental thought-forms that can be binding factors that keep the soul from allowing the true energy to experience its own true nature.

MONROE: Very good... I truly appreciate this. One more question... Why is there a need for the human to sleep? Why must he sleep?

ENERGY-BEING: It is very important for humans to sleep because of the whole nature of the Earth level, and the time realm. There is a magnificent creation of rhythm, a complete rhythm of the soul and the self. With each heart beat... the very throbb and beat of human existence is a rhythmic process. And the sleep state is a part of this rhythmic process. It has been created in Man's nature, because Man, in his waking state, is often not in touch with himself.

The sleep state is part of this rhythm, of his nature. It is in this phase of rhythm that Man is regenerating the energy, and this is where he is getting in touch with levels.

It is extremely important to sleep. The sleep levels are some of the most important, and, as I have said before, the more souls get in touch with their higher self, the more they are in a different rhythm, and are stepping outside of the levels of time. Those souls that are in the rhythm of time —there is a certain beat and a certain vibration in the time realm— and those souls that are most locked into this time realm have to vibrate at a certain level, and those souls that are more locked into the time level and are less in touch with the higher self have often to have more sleep. But as a soul gets into another vibration, a higher rhythm —which is a more delicate and sensitive vibration— as souls get into these higher levels of vibration, they step outside of certain dimensions of time. And therefore, this is why some souls are in less need of the sleep rhythm state than other souls... if this is understandable... and I know that it is...

MONROE: Yes, it is. And it is what we had expected... One other thing... What is it that has taken place when we have a mental problem such as what we call *insanity* in an individual or human? What has happened?

ENERGY-BEING: There are many different aspects here. Each aspect is determined according to the nature of each individual. There is not only one explanation for insanity levels. But let me describe to you that, actually, what you consider insanity —or, shall we say, what is called *mental illness*— is often part of the healing process that this great rhythmic nature of Man is fulfilling. Healing is an innate part of Man's nature.

There are souls that are so out of touch with the balance of their nature —and there are different reasons for this— but when this happens, often, a state in the mind will help to break down many of these thought-forms that are creating tensions and friction, and what can be considered in a sense... a nervous breakdown. It is a breakdown of all of that which is confining a self, and therefore it can be a healing process, because in this process, it makes a soul come into the understanding that something is completely out of balance.

When there is a great imbalance within the self —between the emotions, the mind and the physical— when each of the areas are at odds with each other, there is great friction that begins to set up in many of the lives of people, and therefore, it breaks down at different levels. And as I say, this can be very much of a healing process. However, there is on the Earth level an energy which we call and which you call, *love* —that is a great energy— that is generated from one soul to another to help each other to keep a balance, and this is the greatest essence of healing.

MONROE: Very, very good... I wonder if you have one final message for us, because our channel, I believe, will begin to need some rest pretty soon... Do you have one final message for us?

ENERGY-BEING: I have said much and I feel that unless there are other questions I will step aside. I do want to say it is a great privilege to be able to work with you in this way, and to work with this channel. And, as with everything on the Earth level, the more we work together, the more pure will be our relationship, and, the better we will grow together in the understanding of many things...

It is a most honourable privilege to be able to come through, to be permitted to come through to work in this way. And there are others who say as well that there is great energy and love surrounding this work that you do, because the basic motive is for the furtherance of mankind, for Man, for individuals to reach the higher understanding of the self. This is your basic purpose, and this we know. And it is the basic purpose of those who work with you. And therefore, we say, it is a most delightful privilege to be a part of this work which is being done.

MONROE: We are very, very grateful for the very rewarding help that you give us, and thank you so very much for it. We need it so much. And we are so happy that this will continue. Thank you for coming...

END OF RECORDING

—SPECIAL STUDY OF CONSCIOUSNESS

—DISCUSSION OF WHO CHRIST WAS

EXPLORER (ROMC): ... I sort of just floated up to my platform and got very relaxed, but all of a sudden I saw myself on my platform in a different kind of position. It is like I have some kind of earphones on, like I was connected by a light beam... It looks like some energy earphones... and it is like I had some kind of typewriter, too... sort of a comical sight ... but I just saw myself like I am taking some dictation... This beam that is a connection between an aspect of myself and another energy level, where I...

We receive some dictation... and I can hear some words start. Sometimes I do this automatic typing where I just sit down and take dictation, but it is like.. I see myself typing... and the words are coming as I am typing... I can see... it says... here it is... I always find myself resisting a little bit, but I've got to let the energy flow and let it go. Ok... it is coming in a typing rhythm... and the words are coming like this:

> *We are speaking through this method as another form of tapping into the consciousness level of this energy being, to help her interpret some of the experiences that have been taking place. We would like to speak on the nature of consciousness and to interpret the experiences which have been happening. It is important to subscribe to this energy, to help clarify the overall purpose of the journeys that are taking place. The learning can take place on many levels through experience, and also through the knowledge that is interpreted through these experiences.*

This soul and energy form is being taken through the lessons as a part of her own growth and her own levels of understanding. It is also a method which is helpful in the growth of understanding of others. Therefore, this is why the specific experiences and lessons are done in many different forms, because the learning process is a creative process, and therefore we use all aspects of the creative nature of each soul. Creativity is the very essence of life, and therefore this creativity is a means of bringing through the lessons and experiences, and a form that is not only understandable to this soul but to others.

We speak on the nature of consciousness because this is what has been taking place in the journeys of this energy soul. It is a journey into the various levels of consciousness, and all aspects of the self are in use —the sight, the sound, the touch, and the feel aspects of the physical/time self. But within the deeper levels of the self, there are other dimensions of understanding. This is what was being interpreted on the level of knowing —which is the level which goes outside of time— a level which goes into other dimensions of consciousness.

The time dimension of consciousness is that dimension where all physical senses are at work, and therefore this is why there is a connection between the physical senses when the teachings are taking place, and when the energy self experiences on different levels. It is through the senses and the time dimension that we are able to help the self interpret and understand what takes place because this is the conscious level

of the soul... it is a level in which an interpretation is being made. But from the deeper levels of experience, and a level of knowing, this is a timeless level. It is a difficult task to get through the lessons and experiences, and the knowledge that is tapped into on this level, because it is understood on a different energy vibration. However, we must work now with what we have, and as we proceed we will find other means of communicating on the other levels of consciousness experiences.

We would like to speak of a level of consciousness where the human self exists in the Earth form. It is the physical level of the physical self being in touch with the similar levels of the Earth. And this level of consciousness is that level whereby the soul has the experiences of growth. However, it is also that level whereby the soul has the experiences of questioning the purpose, and doubting, and the level whereby there is not the inner understanding of the higher purpose of experience. The conscious level or the conscious state is that level where the self is taught to understand its own nature. These are also the same levels that exist in the dream state of the individual.

There are several aspects of this conscious level. The conscious level is that level whereby the soul is in touch with his experiences that relate to the physical plane. These are the experiences that are interpreted —even in the dream state— to help the soul to understand the nature of his own experiences and emotional levels. This conscious level is not a conscious level as you know, because it is always in touch with the physical.

Often, many souls are not even aware, or not in touch with their conscious level in the waking state, or in the dream state. Most souls that are not in touch with their own physical attunement on the Earth level are out of balance, because they are not even aware of the energy flows —even in the waking state. These souls are living out of balance because they are not even in control of their own energy that flows through their mental selves and through their emotional selves.

A large part of human nature is in this position, to be not awake to the happenings of the conscious level of existence, which take in their relationship to their physical senses, their physical self, and also to the energy levels of the Earth. Therefore, before a soul is able to tap into the deeper aspects of the self —the knowing aspects that tap into other dimensions— it is extremely important to break through this level of consciousness, to become aware of where the self is, not only in relation to itself but also in relation to its centering point in the universe on this level. As each soul gets in touch with its centering point on each level of consciousness, it then is able to move into another state and another aspect of its own dimensions. But it is important to come into that knowing level, of even the consciousness levels. Therefore, each soul must break through those barriers that would keep it from experiencing its own nature.

It is important for souls to not withdraw from experiences of all types, to be involved in all levels of relationships and all levels of experience on the Earth plane, and to be open to an understanding of

their consciousness. The desire to know the self is a very important aspect of breaking into this first level of human consciousness. That desire to know is the first important aspect. There are many souls who desire not to know, who cut off an understanding of the true nature of the self. And therefore, this fear of knowing will put a barrier, and can lock an energy self into one position during this whole time span of Earth life. However, souls are often forced to have experiences they fear, so this is why on the Earth level many types of experiences have to be set up for the soul to experience more, and break through to other levels... because it is important for them to break through to other levels.

This is where the cycles of the... what is called the death cycles and what are considered tragedies on the Earth level, are actually cycles that humans have to go into in order to break into other levels of consciousness. Some souls, when they experience the breakages of time and experience, the losses of other energy forms around them can open up into an understanding of self through experiences. But there are other souls who go further into locking themselves into a time capsule which means that the emotions are put around the self —the emotions of fear, and very much the emotion of self-protection from inner knowledge.

The emotion of fear comes from that fear of hurt which is the fear of destruction. But the important aspect of growth is to have these protections destroyed around this being, this self, so that the forms that have been built around the self can be destroyed; those emotional

thought-forms that hold the self down. As they are destroyed, the soul is then able to go into the aspects of consciousness where there is the knowing and the understanding and the flowing of energy that is on a timeless level.

There are souls that are living in this understanding and in this higher energy flow —a higher consciousness level— who live on the Earth plane. These are souls that are working on the exchange of energy where they are helping other energy forms in an understanding of their higher selves.

We speak on this because this is the aspect of what we are helping to teach this soul... It is important for this soul to break through those barriers that have been built around... barriers that have been built not only in a lifespan of this lifetime, but often, of many lifetimes. This is the very essence of why a soul steps into the physical body: to be able to break through the time barrier of the consciousness —the Earth's consciousness, the physical consciousness— into that timelessness of **knowing**, and that timelessness of **being** in the highest form of energy that is within each pattern of each energy self. This pattern is there within the very nature of consciousness, and within the consciousness of all living forms. And as each soul is able to break through the barriers into an understanding of their own flow and rhythm, and an understanding of their own attunement with the universal patterns, it is then that the great creativity flows —the timeless energies that flow through the soul or the self, the

the timeless knowledge and the timeless experiences that help the soul to grow into the understanding of the purpose of existence.

This has been the basic reason for bringing this soul through the various levels of experience: just to help her break through the barriers of experience. This is a slow process, but it is also a process whereby every soul must operate. Every soul has many factors working at all times; there are many dimensions and patterns that are a part of the inner and the outer natures. As a soul gets into attunement with all of the patterns —but it begins with the inner pattern as it follows into the flow of its inner attunement— there is a breakthrough into many dimensions, and into many patterns of life and of understanding of all knowledge, as all the knowledge that exists within the universe is right within the pattern of every soul, the pattern of every self. There is that polar existence of the highest form of energy, the highest form of light, and also the polar aspect —the other pole— that helps to bring the balance. It is like the Earth with its north and south poles... the magnets that attract and also that help to keep balance.

There is within each soul the polar existence, the higher, the opposites that help to keep balance, and this is why souls come into situations where they operate on energy levels that help to bring them into forms of balance that are normal, and are on a level where the soul is not in control of these methods whereby they are helped to be brought into balanced points. But once a soul is awakened to the knowledge

of its own existence, through the desire to **know**, *to* **be**, *and to* **become**, *and to come into* **oneness** *with all consciousness levels, then there is an ultimate creativity that flows and brings the soul into the timeless level of existence while in the physical body.*

MONROE: From your perspective, from the specific viewpoint from which you are speaking, are there any specific messages that might help us at this moment?

EXPLORER/ENERGY-BEING: *This specific point is to use the knowledge which you have received, always to put these principles into action, and to put them into use. And by using principles that you receive, they are your guidance; and through that guidance that comes through all the levels, which seems to be a* **oneness**, *the principle that seems to come up again and again. Put these always into action in your own life and into the work that you are doing. As these principles are put into action, it is like rolling a ball down a hill —it will go on its own energy. It will work on its own energy levels. This is why we teach these various —these lessons are being taught— that unless they are put into action, there will be a stopping point, and the energy levels of those who* **know** *—once you know what you must do, if you know and do not do it, there is more of a destructive blockage in your energy than if you do not know... You must put the principles to work in your own life. And as you put these principles to work, then they become alive and are operating in a very live form.*

MONROE: Thus, the more I, myself, personally put them into application, it would be more effective to spread among others, is that true?

EXPLORER/ENERGY-BEING: *That is the devine principle that you are aware of, and that most souls are aware of, but are not operating on. That is the only principle:* **as we live that which we believe, it becomes a reality.** *And that is the lesson which the Christ came to teach the Earth, not only to show that way —not to talk about that way, but to live that way. And therefore, as each soul lives that which it truly believes, it will be a shining example for others in more ways than one.*

MONROE: Who was, then, the Christ that came to us?

EXPLORER/ENERGY-BEING: *The Christ was the highest level of consciousness that was released in human form. It was that level of consciousness that is the highest level of energy and light that came into a human body to show the human level that within each self, each form, there is that very highest self, that highest energy self. This Christ consciousness came into the human form to show Man that it is possible for all souls, even in the physical level, to be released into that very highest self; because as souls are released into that highest self, there is no time*

There is no time in consciousness... that highest consciousness within the Earth body or Earth level of consciousness... it does not matter. The only level is that level which exists in timelessness.

This highest light-being, the highest soul of the highest form came to Earth to show the Earth level that there is no separation, that there is only the highest energy level of consciousness, which is that level of love.

The highest form of power is not physical power. The highest form of power is the highest level of **love.** *Therefore, this consciousness, this Christ consciousness that came in the form of a man called Jesus, knew and experienced the highest levels of power —and that is the level of* **love.**

Power is misinterpreted on the physical level, to mean: that which is «acquired», and that which is used to separate one from another, to make one stand out as a stronger ego or a more important self. This is how many souls interpret «power», and they separate themselves from themselves and from others. The Christ consciousness would not accept the Earth interpretation of «power», but lived in the highest level of love at all times, and was in communion with all souls on all levels.

Souls that are out of tune with themselves live in a state of threat because of this very high energy that threatens to invade them and to release them. And this is why Jesus, the physical person, was destroyed: because it was difficult for those who were of a different level of enlightenment to receive this very high power of energy, which seemed to contradict their own natures. Therefore, they turned upon this energy, trying to destroy their own... it was a way of trying

to destroy the threat of being released into knowing and understanding themselves. They killed the physical body of the man called Jesus, which merely released this energy and this knowledge to many others.

Down through the ages, through time, there has been a misinterpretation of this Christ because he has been used in other, different forms of energy, different forms of power. Man has taken the life of this very high love-energy being, this very high self which is the god-head, and has brought him down into his own level of consciousness, and has interpreted his life on his own level, and therefore, has pulled this understanding down into the Earth levels of consciousness in many ways. This is why it is interpreted so differently —the life of this Christ— because each self, each religious order, is on a different level of consciousness, and can only interpret that which it knows and understands. This is why the important truth is that which is understood on the **knowing level**, on the **living level.**

The Christ consciousness that came to life on Earth is still that pure consciousness, but the interpretations of this consciousness vary a millionfold according to consciousness levels of the Earth, and the consciousness of those time organizations that interpret what they can understand. But as this Christ has been interpreted in the wrong way, that is where many souls get locked into the wrong understandings, because instead of truly tuning in, and knowing, and experiencing that Christ-self within, they lock themselves into interpretations that can hinder them.

The true knowledge, the true understanding, is that which comes from the tuning in, the true self tuning in to the true nature of all other consciousness levels around. And that true nature of Christ still exists on the Earth. That true nature that walked in the physical plane is still of that very highest level, and it is possible for souls to tap into that true nature. But to try to interpret that true nature is a means of destroying and holding down and putting limitations upon this nature.

It is not important for Man to try to interpret with his mind, or to put down what he conceives. It is more important for Man to tune in to his own nature, that **knowing level**, and then he knows and understands the truth. But, by trying to interpret what he thinks is the truth, it is often limiting. It is often not only limiting the self, but also limiting many others by false concepts.

The Christ came truly to show how to **live** the truth, and this is the only principle which is the most important in the Earth level. It is to live those truths which you know within your being to be important —to be with that which does not bring separation. The Christ consciousness was separated from nothing. That is why the death of the body was merely a point of release. It was that lesson that the Earth level had to learn: that the Earth continually limits itself by cutting off that which it truly needs to know. And the cutting off of this Christ consciousness was symbolic of how individual souls will cut off and try to kill their own true natures. This is the meaning of the Christ consciousness, as he lived on the Earth.

MONROE: Was this the only instance in which such a consciousness came into the Earth level?

EXPLORER/ENERGY-BEING: *This consciousness lives in all. It is in every soul. But it comes in different forms of enlightenment. The Christ consciousness has come down in many forms during the Earth existence, and this is that consciousness which is released. There are* now *many levels of the Christ consciousness. We shall say that the Christ consciousness exists in every soul, because the Christ consciousness is that true consciousness, that highest level of consciousness in all matter. It is that very highest form.*

MONROE: But has it appeared, or does it appear, or is it now, or in the past, in another consciousness, just as Jesus was? Has there been other instances such as that?

EXPLORER/ENERGY-BEING: *Yes, as we say, there have been other instances where the Christ consciousness has appeared, but it has been different degrees to which it has been released to the Earth.*

MONROE: Are any of these any that we are familiar with?

EXPLORER/ENERGY-BEING: *There are some that you are familiar with, but there are many that you are not, because, often, the Christ consciousness can appear within the most simple of beings, the most beautiful of souls that live the greatest simplicity and love. But the highest form of the Christ consciousness has come into those who have not received the great world renown and the great world recognition. There have been many souls who have lived upon the Earth and who have been released*

into this higher consciousness... And, because they have, they have not accepted or received the recognition, because the Christ consciousness is the highest form of love, and it is not a form of power and recognition.

This is a very difficult discussion, because to understand the true nature of the Christ consciousness, it is difficult to describe the true meaning of that which is real. To put into words is to limit it by the very nature of putting it into words. This is a form of limiting the true meaning of God, the true meaning of Christ. The way to truly understand is to know and to experience this nature.

MONROE: Yes, I truly understand the difficulty. Is there one now physically alive in the Earth who is of this Christ consciousness?

EXPLORER/ENERGY-BEING: *This is the misunderstanding of Man, to think that one soul will return just as the form of Jesus. It is not the way that it is to be understood. The Christ consciousness is alive within all levels of consciousness, and, as it is awakened in each soul, as it is released and awakened, it is that much more released and awakened in the whole universe. This is the misunderstanding that a being, in the form of one such as Jesus, would return.*

The message that the Christ, that Jesus came to bring, is that all are the Christ consciousness. Therefore, you are the Christ consciousness, I am the Christ consciousness, this soul (ROMC) is the Christ consciousness —but the Christ consciousness seeking to be

released, seeking to know its own nature. The Christ consciousness is that consciousness which is the highest level of all life. It is that level of complete attunement and knowing.

The misunderstanding is that a being would appear in some way of power. But those who appear upon the Earth and claim to be the Christ consciousness... this is a sign that the souls that seek to be recognized as the great ego, that seek to be recognized and have the energies come to them... this is a sign that energies are in the wrong place. This is a sign that the soul is not released into its highest form of consciousness, because the Christ-self does not seek the recognition, to be set aside and put up into levels of energy where others will send their —to worship and to adore, and to idolize— this is not the purpose for which the Christ consciousness came. The man Jesus came to show an example that all have that same power, that all are a part of that, and therefore, beware of those who come and say that they are the Return of Christ, because they are at the opposite pole of energy. They are the negative poles that are seeking recognition in the wrong ways, and are drawing the energies to them that distract the human energies of people...

As the energies of souls look to another to receive all their knowledge, and to say that another is to be worshipped and adored, that takes the attention away from going within and knowing the truth from within the self. Therefore, no soul is to find the perfect being outside of themselves. There is no such thing as the perfect being outside. The soul that is distracted from going within is going through a waste of energy.

Every self, every soul, is a teacher of another soul. Every soul is a student, and every soul is here to learn and to teach. This is why we say that when you find these souls that are seeking to be recognized, this is what is considered the Anti-Christ, because this is the false energies that distract the humans and take humans away from their real journey of knowing the Christ-self within —knowing that oneness. And the only journey is that journey that each individual must take alone —the experiencing, the knowing, that comes from the inner attunement. And the souls that live on the power of the ego trip have a long way to go in their journeys, because they are limiting themselves to certain levels of consciousness, and therefore, are limiting many others. Any soul that attracts and draws from other souls the energies that they use, for the ego satisfaction, are merely putting themselves... and also hindering the growth of other souls.

The true teacher, the true saviour, so to speak, is the one that teaches souls to tap into themselves, to know the truth from their own being, and not to idolize them and say that they are the God. All souls are the God-self. And as each soul is aware and taps into that higher understanding from within, they are aware from within that there are no levels. There are truly no levels within reality. There is only that knowledge, there is only that understanding, that knowing of the highest form of energy which is that love released.

MONROE: One final question. What about our churches that exist in our Earth today? Where do they fit into this concept?

EXPLORER/ENERGY-BEING: The churches are concepts in themselves that have been created through concepts. They are manifestations of concepts. And, as they have manifested through various levels of consciousness, they have within them elements of the truth, but also, they have limiting factors because they are outer interpretations, and they are limiting because they are working on the physical level. It is where concepts have been taken and have been interpreted on a second level.

Each time a concept is interpreted, it gets further from the truth. It is very difficult to describe this principle, but every religion that exists on the Earth is a conglomeration of many thought-forms that have been put into a larger thought-form. This does not mean, however, that it is the truth in itself; it is not the truth. The only truth is that within the self which is in touch with knowledge, and the knowing, and the realization. Therefore, the institutions that exist are of a second dimension. It is of a different dimension. Therefore, it is further from the truth, because it is an interpretation of the truth; it is not the truth itself. And by its very nature, it can be limiting.

However, souls are attracted to that which they need for their growth. Therefore, they are in a certain level of consciousness where they are attracted to those levels of consciousness on the Earth plane that are similar to their own —to go through patterns, to break through patterns, not only within self, but through these outer patterns as well.

It is important in the growth of the soul to work through certain thought-forms or concepts, and to work through them and release them, and, as this happens, often souls can come closer to the truth. There are often no mistakes. Souls choose to come into certain situations. There are many thousands of different religious beliefs because there are this many different concepts that have been created. But the concept is one step from the truth. But, again, this is on the physical level, and the human self has to go through certain experiences on the physical level and to break through these various thought-forms.

Experiences can happen to help release the soul into its own knowledge. Therefore, the churches themselves are not any different than other thought institutions. The thought-forms go through many, many levels as well. This is why the churches and all institutions go through all levels of life and death.

It is only when the death comes that life truly happens, just as the example of the Christ Jesus who lived. It was only when death came that the self was truly released. And the death of these thought-forms, the death of the churches, show that they are not reality. As the death of these thought-forms come, as many churches go through cycles —all cycles... everything that is... even a thought-form is alive— and therefore, it goes through cycles of growth, and these patterns are all important in the growth of the soul. Therefore, we are saying that they are not the truth in themselves, but they are paths; they are just aspects along the way to the truth...

END OF RECORDING

UPCOMING EARTH CHANGES:

FOUR EXPLORERS

INTRODUCTION: *Welcome to another session taken from our experimental files. Due to many requests this will be a presentation of part of the materiel regarding changes in future Earth patterns. We offer only one comment: each explorer, at the time of reporting, had no access or knowledge of the other, including verbal communication. More simply, one was not «contaminated», as it were, by the other.*

The first report is from Explorer TC. He is reporting from Focus 15, the state of no time. He was in the company, as it were, of a friend he calls THOR. *And with the help of* THOR *he brought back this information about future patterns here on Earth. Remember the date of this recording: September 7th, 1976.*

EXPLORER (TC): ...particularly the western half of the United States and what it would look like afterwards... It's kind of strange because when I saw it, the map startled me a little bit, and then I was told I was mistaking the shading and was thinking that land was water and water was land. I had a negative version of the map that I was being shown.

MONROE: Yes, very good.

EXPLORER: ...and, pretty much as we have had before, the disturbances in the East are slated for around 1983...

MONROE: Could you move to 1988 and then draw a map of the United States... as of 1988?

EXPLORER: I will if you like.

MONROE: Yes... and so that you can remember it and draw it.

EXPLORER: Ok... and I've been studying it and filling in the details.. I shouldn't have any trouble drawing it...

MONROE: Very good. Now, remember also your revised map of California, so that you can draw it later. Do you think you can do that?

EXPLORER: Yes. It has a strange feature to it, an indentation... almost like a V, a notch cut out of West central United States... Excuse me... reporting... the quake that is going to happen in three months in California is not going to be the major one... it's not going to be the worst one, although it will be a major quake, by standards of people living there. The rest of the United States will experience light tremors, nothing disastrous... till about 1983 or so... I went over about a one-year period... most of the traumatic, geologic changes will take place... meanwhile, a very unusually large number of earthquakes will be happening world-wide.

MONROE: What will the pattern be, then, in the rest of the world in the next ten years? What changes will take place?

EXPLORER: Western Europe will shift southward toward Africa. The Mediterranean will close up to a large extent... I see that most of the changes will occur around the Mediterranean area, southern Europe... England and that part of northern

and Central Europe survives alright... It is just that everything gets shifted southward. Of course, there are a lot of changes... From a global viewpoint, it doesn't look that large, but I'm sure that from a local viewpoint the changes will be quite significant and quite massive...

Right now, I'm looking at a globe of the Earth and it's turning slowly... and as it turns I see the changes, so I'm getting a very macroscopic view... Water opens up... even though the Mediterranean is squished down to a smaller body of water, it extends further to the East, and covers quite a bit of land that is now East of the Mediterranean... and through the Suez Canal. The Canal will become like... not really a canal anymore. It will open up to a large body of water.

Russia seems unchanged, but China and Southeast Asia seem altered quite a bit... China in particular... Let me back off a little bit further... Southeastern China will exchange land for water... new islands will be created and old ones submerged, generally throughout the oceans...

MONROE: Remember all of this as much as you can so that you can draw it later on...

Two days later...

MONROE: After all of these geologic changes through 1988, what would be the population of the United States at that time?

EXPLORER: All I got was about 150 million.

MONROE: And what will the figure be world-wide?

EXPLORER: About three billion... but I have no feel for that number at all... whether that is smaller, larger, or the same as it is now... But I do have a feel for the US population, though... 150 million... there is about 50 million less than there are now.

MONROE: Yes.

EXPLORER: It's kind of strange... As I get this information it's like there is a large atlas, and as the questions are asked, someone is turning the pages of the atlas, and I am essentially reading the information.

MONROE: Ask the question, then, what is the cause behind the geologic changes?

EXPLORER: Well, there are several levels to that answer... On a physical level, the cause... I had a picture of a prune, as it dried out... wrinkling... Earth system changing its physical state from the loss of heat from its core... the pressure of the core decreasing... slow heat loss... the matter of the Earth itself will have to adjust to accomodate these changes in the decreases and forces and pressures... I have a little feeling that when everything will be over, the Earth will be somewhat scrunched up, a little smaller in diameter, a little shorter in circumference.

On a much larger view, from a cosmic perspective, I don't really see an intent... I don't see any real cause, it seems like it is just part of the cosmic programme. It will happen that is all. It will be like a turning point... sort of like a shaking-up of people's awareness... an unsettling of life-styles and attitudes... just a general shaking-up —shaking

the pot— change in directions... that hopefully, when things settle down again, they will have settled down with positive changes... People may settle down to a more fruitful reality system then the one we have now... but I don't see that as a fact that is already determined... just as a larger probability.

MONROE: What is the best role we can play, or action or participation that we can do in the next ten years, starting now... and... best for others, best for ourselves, best for the world?

EXPLORER: The more that people become in touch with themselves, the more positive will this readjustment and resettling of reality views become. The legitimization of an inner self and the importance of that inner self will help immensely when people's views are so uprooted and the pot is stirred. This legitimization of inner space, so to speak, will open the doorway for many people to react to the situations constructively. And we fit into this by helping bring about that legitimization, and, of course, by helping individuals getting in touch with themselves. *(End of Session.)*

MONROE: Now, let us turn to Miranon who is reporting his viewpoint on the same subject.

MIRANON: Your Earth will change in many ways. And the changes will come very soon. You will experience them in your present form... Do you want geographical changes, or do you want changes in the human... as you now have?...

There will be major shifts in the planet Earth, in which large land masses within the area of what you call California will

be changed radically, and what are small islands off of that will become much larger. Your continent will be much smaller within ten years. The southern part of the East coast will be pretty much as you know it... but the northern part of the East coast and a large part of what you call Canada will sink into the ocean. This will occur within twelve years. These changes will be brought about by forces within the center of the Earth, changing in such ways that great land masses will be pushed up, forcing other land areas to sink... large faults will occur on the west coast, causing the land to slip; but for all the land that is lost there will be gains.

The geographic changes will bring a new awakening to mankind. Man must experience this crisis in order to understand that he must work with each of his fellow beings. His awakening is beginning now, and it will occur and affect the entire political situation of the world. There will be many needs for change, and by the year 2014, there will be one... it will not be a nation, it will simply be «Planet Earth», and there will be no political structure as you know political structures, but there will be cooperation among all people.

MONROE: *In a later session we inquired of Miranon about other changes in the patterns to come. And here is what he reported...*

MIRANON: Within the next twelve years the bottom part of your hemisphere will also shift radically, and you will have two separate bodies of land... there will be a separation of the land between Europe and Asia... and the sea there will widen.

A large ocean will form between Europe and Africa. A large part of the Western part of that continent and Europe will also shift into the ocean. But you will have a new land mass arising between what is now Spain and the southwestern part of the African continent.

Your land mass will essentially stay much the same. It will do some radical shifting... many of your large cities will have to be restructured... people will not be as dependent upon large industrial complexes as they are now... There will be attempts to maintain the structures you now have, but the shift will be so radical that there will be a change in consciousness, demanding cooperation and the formation of a one-structured political system. By the year 2012, Earth will have one government.

At this point, you have many beings on planes similar to mine who are working with people throughout your planet, and as this restructuring becomes necessary, there will be more communication between all of these people. And the restructuring will come as a result of their combined efforts... it will not come from one area, but from all areas.

What you see now as being western or eastern will no longer be of importance... but there will truly be a concept of oneness, of... it's hard to find the words... I think Leona has the word «intuition» in her head... but that doesn't really fit... That is a strange word... what is that word?

MONROE: *How do you explain the word «intuition»? I tried, but wasn't too successful. Now, for the final part, here is ROMC looking backward from the year 3000 on the same period in Earth history.*

EXPLORER (ROMC): Evidently, there was a point in our history —history of the Earth— where we were very close to... we had hit a negative stage where all the vibrations were building up into negative patterns... But then, there were many shifts that took place... It didn't happen all at once; it was a gradual pattern. Where one shift would take place in one part of the world, it would balance out in another part... and this happened ... it seems like there was a period of a couple of hundred years... way back in the early 2000s, where there were sort of major shifts... but at this point, it appears that help came from other dimensions, where there were beings who had been in communication with us, and who had been observing us and working with us on different levels. They came in and we were able to work out a pattern of communication. They also gave some help and pointers on how the Earth could be rejuvenated, and it seems that the people of the Earth at this point were ready... they had been prepared for this breakthrough into this new stage of development...

There seems to be a thin line that starts back in... I see some type of a meter that shows shifts and vibrations taking place throughout certain points... it's kind of a gradual shift, and it is happening... just before 2000... There is a period before the year 2000... a needle is showing a vibration rate... seems that there is a period of 20 years where it has gotten wider and the shifts are taking place rapidly and gradually, for almost a fifty-year period. People are aware that things happen, but not in a major way. There is like a 20-year period here where some major vibrations are taking place...

MONROE: *And there you have a viewpoint from the year 3000, and how we look from there. For our final viewpoint, here is JCA reporting from Focus 15, the state of no time.*

EXPLORER (JCA): It is like impossible... it is like it has to start all over again... like a big catastrophe is going to come... and I get 1980... the rumbles, the tremors will... they are going to be felt all across the country. Everyone is going to be aware of it. It's going to be like... for some folks, like the end of the world... and with that the changes of the water are going to come. The oceans, the lakes, the rivers, are going to be pushed, from within upward, and will consume more land.. I can just see it happening... but the fear and the terror is just rampant... the screaming... the awe... Seems like thousands of people will die... horrible deaths... I'm witnessing these horrible deaths... it will make the survivors really rethink their values... they'll be so thankful to be alive... I mean living will have so much more meaning... People will want to live, will want to be good; but it will be that time for them to realize that their living is dependent upon themselves... their thoughts, their ideas, their energy... and the message that comes from this slap will really make people start thinking of wanting to find more about themselves.. although I also get a reading that religion is... like there is going to be some really religious freaks that are going to draw people —half the people— in that direction. I don't know how many people will be alive... lots of cities and towns will be destroyed... there will be a whole new rebuilding of communities, of systems, of government. It's really going to be scary...

—MEETING ENTITIES AT LOWER LEVELS

—FOOD AND ENERGY

The following excerpts are partial transcripts of a telepathic conversation between Explorer MAJ and an energy-being called John Osmer who it seems died in Salem, Oregon in November 1946.

MONROE: Ask him how he feels about religion, as he knew it on Earth here, now that he is where he is now.

EXPLORER (MAJ): He says he was never religious; he used to think of himself as being an atheist.

MONROE: Ask him if he's changed his viewpoint at all since moving to where he is now.

EXPLORER: He kind of laughs. He gives the impression that, «Well, you know... everyone here knows that there is a divine plan.» He says: «We won't talk about religion especially, but the Spirit is what we are working with and on.»

MONROE: Ask him if he understands better the energy with which you are working with him right now.

EXPLORER: Well, he says he surely understands it better, because when he was on the Earth plane, he was not open to such communication. But he says he has much to learn in this area.

He was very attached to his work. He made his work almost a god. So he built up his next realm. He has to work that out and then move on to another place where he can develop more artistic sides of himself, and another where he can develop his spirituality higher. He says our attachments and preoccupations with certain aspects of existence predetermine where we go, what planet we work on, what our main activities are. Once we get pass a certain level of... I guess he refers to it as a «level of confusion»... a level in which many spirits, many entities are kind of trapped... They are able to communicate with both sides somewhat, but without any expertise. They can't be really helpful to anyone... I guess it's what we talk about as the *astral plane* where no real work is done. It is like an interim; but when one is in that interim place, it feels... well, it feels partly confused, but not too far from the way one felt on the Earth plane.

MONROE: Very good. Does he expect to return physically to the planet Earth?

EXPLORER: He says he really doesn't have that knowledge. He has no expectations. He says he is in a place where he has something to do right now, and he says he's not one of the *planners*... whatever that means...

MONROE: Does he know who the *planners* are?

EXPLORER: He says all he knows is that there are hierarchies of spirits.

MONROE: Has he met some of the hierarchy?

EXPLORER: He says he has met messengers, people —not people ... entities— who are more highly developed than he, but he really isn't very clear about all that...

MONROE: Here now is MAJ communicating with her favorite friend —in a non-physical way— Her friend's name is Hanz and she is with him at this moment.

EXPLORER (MAJ): Hanz has been with me a lot of the time. Whenever I seem to be in a very spacy place, he takes my right hand in his left hand.

MONROE: Can you communicate with him?

EXPLORER: Yes.

MONROE: Ask him then, what he feels and what he thinks about where he is now.

EXPLORER: He really doesn't think about it very much. He experiences. He is connected to my development.

MONROE: Ask him if there is a difference in his perspective as to where he is now than when he was on the planet Earth physically.

EXPLORER: Oh, yes, he says there is an utter lack of «trying» where he is now.

MONROE: Then what is important to ask him as to what he feels about physical life existence on this planet Earth?

EXPLORER: It's like a testing ground, a proving ground — with our bodies. We are able to work out our *karma* in a more effective way than in the other planes. He says as far as he can understand —and he says, too, like so many of the other entities over there— that he has much to learn. He is in a higher level of development than the gentleman we spoke to before (Mr. Osmer). He lets me know that, but it's not with a sense of pride or anything, it's just a statement. He says that, originally, the Earth plane was put together as an amusement... just a toy, a game... that somehow, got out of hand...

MONROE: Who created the toy; the game?

EXPLORER: The perfect energy; the pure energy; infinity; he says we call it by lots of names... the Creator. He says it wasn't an accident; it was created, planned; a concept.

MONROE: Very good. Ask him if from his perspective he can perceive patterns that will take place in time and space in the near future for the Earth.

EXPLORER: He says yes and tells me right away, personally, that certain patterns have been hidden from me. Others have been given to me very clearly.

MONROE: Ask him if our understanding of brain/mind, from the viewpoint where he is now, is anywhere accurate.

EXPLORER: He says there are different approaches on the Earth plane to the concept of brain/mind —some more accurate than others— but that Man has more than one mind. He has one brain, but he has more than one mind.

There is a mind that is like the higher mind; there is a human-level mind... that we usually think of as our analytic mind... The brain itself is like a storehouse, like a computer... This is interesting... He says that the human brain has within it a composite of experiences that extend beyond the lifetime of the individual. And it is the mind that interprets...

The higher mind knows. The higher mind is wiser... touched with the wisdom... but the ordinary, every-day human mind is the interpreter of the information that is stored in the brain... Sometimes, Man may discover a way to tune in to that storehouse of information, just like it has been discovered a way to tune in to stored memories of a lifetime —throughout the lifetime. He says there will be a natural evolutionary process that will go along with a higher level of consciousness...

Some of the attempts at jolting the mind —no, the brain— by forceful means... have sometimes been harmful... some of the heavy drug usage, particularly, sometimes create a lesion between the memory bank and the current short-term, or even long-term human memory. A lesion is something like a leakage so that some of these things would leak through, but not in an organized, sensible fashion, creating apparent psychotic episodes... and not particularly useful..

Some of our methods of attempting to cure these psychotic episodes are more disastrous than useful —and particularly in terms of drugs. With just a kind of gentle understanding, of patience, the kind of reaching-out to a person on an unconscious level... some of the scars may be healed. In the case of psychotic episodes it is more useful to the individual

to heal over these leakage spots than to try to pry them open further, because if we allow the patterns, say, in a more normal brain, if we allow the patterns to develop in their own way, there will be spontaneous states in which the stored memory will pour through. He says this work we are doing now is one way of tapping into that information.

(Abruptly ended on tape.)

FOOD AND ENERGY

EXPLORER (MAJ): A man is coming in to join us... I asked him who he was and he said he was another guide on the same plane as Hanz. His name is Minerton.

MONROE: Fine... Ask him if he has a specialty in the business of guiding.

EXPLORER: He says he has an interest in the outdoors and things to do with land and conversation... He doesn't know if that is a specialty or not... he kind of chuckles about that.

MONROE: Well, that's a pretty good specialty, yes... Ask him if he understands the basic needs of the growing of plants, for example. Does his interests go into that?

EXPLORER: He says sometimes he can communicate with the plant spirits and sometimes he can put humans in touch with plant spirits.

MONROE: How does he do that?

EXPLORER: He has a way of getting attention, getting the attention of the human. Sometimes he just kind of imperceptively reaches out, so the human feels a pull toward the plant. He says that is why there are some people who seem to know exactly what to do in the growing of plants, trees, and all kinds of foliage.

MONROE: Does he know of any way to make plants grow any better?

EXPLORER: The plants need fresh, clean air and sunshine, and of course all the fertilizer and water... but it needs another quality: a kind of recognition of its consciousness. And those people who take care of the plants are able to help the plant grow by recognizing its consciousness, being completely aware that this is a conscious being. The plant responds to this and would just put out everything it has toward growth.

MONROE: Is there a way that we can learn to do this?

EXPLORER: He says it's not a matter of learning but a matter of just accepting that this is a fact and adjusting one's attitude accordingly —simply be aware that each plant has the capacity to feel its environment and feel the emotions.

MONROE: What attitude should we take when we harvest the plants for our own consumption?

EXPLORER: A thankful attitude. Thanking the plant for growing, because this consciousness of the plant does not intend to be continually living in the plant form. It is well willing to be transformed into another level of consciousness by being used as food or any other industrial

use which is necessary for survival. So we must have an attitude of thankfulness... like thanking the plant for growing to this state. He says it really does the plant... the plant really has a choice. There is a choice factor of growing larger and more healthy...

MONROE: If we consume such a plant, does that consciousness then become a part of the person that consumes the plant?

EXPLORER: Yes. It contributes to the life force. That is why people are more vibrant, more alive, who eat fresh and raw foods, because the consciousness is still alive in the plant, and transfered to the person or animal who consumes it.

MONROE: How long does the consciousness stay within the plant after harvesting?

EXPLORER: He says a maximum of two weeks. The sooner after it's harvested that it is consumed, the better it is.

MONROE: Does freezing affect the consciousness or its disappearance from it?

EXPLORER: He says it dims it, makes it less conscious; but if it is frozen very quickly the benefit from the consciousness is still there... but not to the same extent, as if it were consumed fresh. But it is better to freeze in these terms —it is more useful to freeze than to cook.

MONROE: I see... Then, by inference, the best way that we would have plants for our consumption, in winter time, as it were, would be a greenhouse, where we could have fresh plants?

EXPLORER: Yes, it would. He says there are other benefits to the edible plants... besides transmitting this life force through the consciousness, there are nourishing effects of the cooked plants and the stored plants also... but to get the maximum effect, one would eat fresh, raw, edible plants.

MONROE: Ask him if he has ever existed here on the planet Earth, and if he is aware of the plants that we have...

EXPLORER: He says yes.

MONROE: What was his favorite plant?

EXPLORER: Rutabaga. I could hardly say that, because I just couldn't imagine it, but he says he likes it because it has a lot of vitamins. He likes beets and carrots and all the dark-leaf plants: spinach, broccoli. He is not as partial to those plants that have to be dried, but he knows that we must have them, and that they are useful... but he says you are asking him his own personal preference...

He says his own preference is to eat the fresh, raw vegetables and grains, fruits... He is showing fish... you can also eat fish raw... and I am kind of making a face. He says: «Well, you don't have to...» It has a lot of nourishment for you if you bake it or broil it. It is not so good for you fried, but I am trying to get him to talk more about beef... *(yawn)*... lamb, pork... hmmmmm.....

He says a human being would be healthier and more resistant if he did not eat animal flesh, that we have developed a certain dependence on animal flesh, especially in cold climates. The body seems to require it, but according to him,

we would do better if we ate the grain directly instead of feeding it to the animals and eating the animals.. we would be more... he is showing me... people being kind of light and springy, and buoyant, resilient, and also resistant to diseases.

He approves of eggs, and he seems to approve of fish... He seems to be kind of on the borderline about fowl... it depends on the circumstances... it's almost like I have the feeling he is trying to say to me: «There are periods of time when Man eats different kinds of things; it has to do with their habits, patterns...» and so, one might sort of wean himself away from the fleshy animals and then maybe have fowl... well, maybe not that, but continue to have eggs and fish. I see a lot of fish all around with the other food. He says wild fowl is more health producing... that is interesting...

Food grown in the same area where one lives is healthier for the human body. The atmosphere contributes to the consciousness within the plant or animal, and that atmosphere blends in more perfectly with the consciousness that has been surrounded by the same atmosphere.

END OF RECORDING

—COMMUNICATION SYSTEMS

—DEATH, TRANSFORMATION AND SECURITY

INTRODUCTION: This is Robert Monroe, with another report from our Explorer files. After reading a number of the comments we received, we became aware that most of you did not truly know the conditions under which these recordings were made. Here is the setting.

The Explorer is lying down in total darkness in a special isolation booth in our experimental laboratory, usually on a temperature-controlled waterbed. The booth itself is acoustically treated to reduce external sound. Also, it's electrically shielded to filter out most electromagnetic radiations. A portable radio simply won't work in the booth. Temperature and air are controlled both manually and by automatic servo mechanisms. The negative ionization of air is often used.

The Explorer has a sensitive microphone close to the mouth. Around the head is a band of electrodes to monitor brain wave patterns. Other electrodes are attached to hands and feet. These measure body voltage and the wave form variation at the microphone level. Additional electrical contacts on various body parts examine heart, lungs, pulse, and other body activities.

Our Explorer is wearing a modified set of headphones to give broad frequency sound in each ear. Thus, she can hear us, and we can hear her. I or another monitor is sitting in a control room nearby. And we feed different types of audio

hemispheric synchronization signals directly to the subject. After a suitable time and suitable exercises, here is what happens, as ROMC reports:

EXPLORER (ROMC): I heard... it's like a voice... it is the same type of thing that happened before... it said something like... we are working in a very delicate wavelength and... They want me to sort of get completely blanked out at this end and to try to pick up this dictation... the voice describes it as a very delicate wavelength, and that I must try to report as it comes through, and I found myself struggling and resisting, and pretty soon I heard it again say that I must begin or else we are going to lose contact. There is some way that, as I repeat this, the voice keeps the energy flowing... to continue this contact with this flow... so I'll see if I can get back into this flow... and hear what is being said...

MONROE: Just relax and go with the flow.

(Energy-being enters ROMC's body.)

ENERGY-BEING: We want you to begin this conversation so that the flow will continue. It is important to get this flow to build up the energy level. The voice has a special energy and, as this energy is projected and utilized, this helps in keeping the flow continual.

We want to describe the different processes by which and through which there is communication. The basic form of communication is on a wavelength which is of a very high vibration on the Earth level. The communication that takes place between the minds of those who are in the Earth

atmosphere is on a wavelength that is different than the communication that takes place from the levels beyond the Earth's atmosphere. There are various means and various levels, and we want to discuss this, and the Earth's atmosphere.

Thoughts that come from the human mind are working on a certain rate of vibration, and, as they produce energy and come into being, they are immediately dispersed into the atmosphere. The thought-waves themselves are of an extremely high frequency, and once they are released from the source it is possible for the thought-waves to travel in a limitless way... However, there are limitations, as we will discuss.

The thought-waves of the human system depend upon the nature and the make-up of the energy within the human system. Basically, the human system is the same, however, the use of the mental energy can make the difference. There are many factors which can influence the free flow of energy. The thought energies are controlled and limited by the limitations that the physical system puts upon itself. This, we will describe.

Within the human system, there are five levels of consciousness —this is one way that we can describe it. There is —we shall speak in terms of the *mental level*— the pure mental state.

The *pure mental state* is that state which is the very basis from which the thought originates. And then, there is another level which the mental level has to work through. This one considers the *emotional level* of the being, and is the make-up of all the past experiences within the full gamut of experience of the soul. The third level is the *physical level*

—of a human system— and the last two are the *etheric levels* of the more etheric system of the energies that are related to the energy basis within the physical body.

There are five energy bases within the physical body, and this is a very delicate system, one which controls all the five major portions of the communication system. The central system is controlled in the mind. Therefore, this is why there is such a variance as to how effectively a human being is able to communicate and use this system. As you are aware, on the Earth level are elements of top quality which are used most efficiently. However, there are those that are built of inferior quality, and therefore, are not being utilized to their full potential. Therefore, the human system varies because of the use of the vessel...

Souls who are in the highest form of ability to communicate through the clearest channels are those that are in a balance from the internal levels of the full system —where all systems are go.

There is a possibility of a clear communication taking place between the mental states and the Earth level. This has a great deal to do with the ways in which the mind has been trained. When a mind has limitations put upon it, or when thoughts are put into the mind that there are limitations, then <u>there are</u> limitations, and therefore, this is why it is very important to re-educate the human race to the uses of the full potential of the human communication system. When the mind is aware that there are no limits put upon it, and can understand the full potential and uses that can be made of it, then the flow is much more rapid. This is why it is important to re-educate the human race to the under-

standing that there are absolutely no limitations as to how and where the communications can take place. The human mind is capable of traveling to the farthest depths of all types of universes and to tap into every possible type of knowledge that exists, because, at the base of each human system is the very principle of the *universal knowledge*, and each human system is capable of tapping into that source which is its very being. When this knowledge is revealed and understood, the human soul, the human mind, then, is freed to begin exploring the inner and outer depths of all possible universes.

We can see here the importance of the work which you are doing, because you are allowing the human mind, the human soul, to flow in its own freedoms, and to explore that which it really is. As a result, there is that discovery that there are no boundaries... The body is in no way a boundary. It is just an encasement, a storage place for the human system to get regenerated, to utilize the energy, and then to travel in all directions.

An extremely important factor in this communication process that we would like to stress is that all systems must go. The balance within these five levels in the human system helps to create better forms of communication. When one level is not flowing correctly —as for the emotional level— this can block the communication process of mind-to-mind, or mind-to-matter, or mind-to-outer forms of communication. As well, when the physical is not up to par, there is a low ebb of energy, and this is also a blockage of the communication system. If the five main energy points within the system are not in balance, this also can create a blockage in the flow. When the system is at its balance, however, there are

different means whereby the communication can take place, because the mind can go into various levels, taking with it different aspects of the human consciousness —as in the travel out of body.

There are different levels whereby a soul, a mind, a being, can travel into other dimensions, and this will depend on the delicate balance or the vibration that the system is on at the time. It is important, for the knowledge to be released, for each being to tap into this knowledge and into this flow in different forms. There is not one set pattern whereby a soul will travel. This is why it is always important to clarify: each soul has its vibratory rate and there are many ways to tap into knowledge, and it should always be clear that, just the thought of a soul traveling out of body is a limiting factor. You, of course, are aware of this, because you work... the way in which your system is set up... and you travel with all five dimensions working for you in different patterns, and others will travel with different dimensions of themselves working at different levels.

There are those who are able to travel into the pure mental realm and can travel with no limitations, as well as traveling with the more intricate aspects of the system. This is important for the human consciousness to be aware of, in the whole communication process... We are speaking in terms of the relationship on the Earth level of the mind traveling into the atmosphere of the consciousness level where it can tap into matter. This is just the Earth level. This is where a thought can travel from the mind of one being instantly into the mind of another. The thought transference is an energy of a certain rate of vibration. This also works on any level of the communication in the first level of

communication of the Earth. Now, there are those who are able then, to receive information and communication in a different way than others, because of the nature and the way in which the human communication system is set up. This is why there are —if we step into the second level of communication, that is where the communication process will come— from a dimension beyond the Earth level and the Earth's atmosphere. And this, then, is on another rate of vibration.

Every human system is able to pick up these vibratory rates. However, because of limitations put upon these five various levels within the human system, this can create blockages in communication. Therefore, again, it much depends upon the thought-forms of the basic system as to having the channels open, to pick up the communication in the atmosphere. It is like having a one-way or a two-way radio, and those very delicate systems that are more attuned can become the two-way radios where they are able to tap into all forms of knowledge and travel into a limitless atmosphere. As they are in balance, they are able to receive the communication flow from all levels or from levels beyond the Earth atmosphere. This is what is happening in your system: you are open and allowing the human system to open the two-way contact. This is very important because you are not putting limitations upon the type of communication that takes place, and this is very commendable. We add that you must continue to emphasize the importance of the fact that each system has very special points and very special creative factors...

There is nothing that is more fantastic than the human system. There is nothing that the mind can create that can outdo the human system. No machine that is created has more of the built-in faculties than this amazing system that has all the

levels of energy and the most etheric points of vibration and *light-that-travels*... It is difficult in the use of terms, but we shall say... we will use the term *light-vibration*, because these thought-forms that travel out of the human system travel rapidly into all levels.

We, on this side are able to pick up much more readily all that happens on the Earth plane, because the vibrations through which we work are on an extremely high level. We are not limited by physical matter and by the vibrations of the Earth plane. This is why you can at times tap into all areas in the Earth plane, and are able also to work in a communication system to help those on the Earth plane become more aware of the potential which they are working with.

We are explaining this in simple terms because it is something that is understood by some. There are many, however, who do not believe in the potential of the human system. The problem as it stands now on Earth is that many are continuing to try to prove that such a level of communication, where the mind is not limited, does exist. But spending the energies always to prove and not to believe and moving from there into the outer limits is much of a waste of time. Always working to prove is fine in itself but it is a very slow process, because in working with the concept of proving every step, limitations are put upon the human system.

There is so much that is unseen, unfelt or not experienced through the five senses. You must step much beyond, and believe and operate beyond the five senses to operate on the frequencies that go beyond. Thoughts cannot be seen, but it is definitely known that thoughts exist, because the energies that they produce are definitely there. Therefore, to work on

the assumption that there are no limitations in the human communication system releases an important flow of energy. It is therefore important to stress this in your whole system of training.

Those who allow themselves to go into the free flow of their own existence, and to know that there are no boundaries of the human mind, the human soul, or the human self, —however you want to put it— those are the ones who are going to have the greater experiences and understanding, and receive the two-way systems of communication and knowledge. Those are the exploring souls who are always open to the knowledge and who are open to new experiences, and are not limiting themselves to the old ways of thinking and the old ways of experiencing and being. This is the nature of the *New Man*. The man in the *New Age*... It is not an age; it is a state of consciousness. A new state —we shall say new-old state— is that consciousness which is within Man, but which is released. As you speak in terms of a *New Age*, it is a released state of consciousness, and those who are going to be on top of it all and who will truly be in touch will all levels of communications, are those who are in the flow of their own existence.

As these souls get into the flow of their own existence they will get into the flow of all levels of communication. There are millions of levels of communication right within the human... the first dimension of the physical... and these souls that are in the flow of their own being will get into a two-way communication with all levels, right with the first dimension.

As there is an opening-up, there is a limitless atmosphere and a limitless universe to be explored. And we say that

those who live in the *New Age of Consciousness* are living in the higher form of vibration and living in the highest level of their own being. These souls know that there is not time, that the self is never limited by the physical. These souls who are in this flow and attunement know that there is no such thing as death. Death is merely a word created in the physical language to describe something that Man does not understand, and therefore, death is merely a word that describes; a word that is a limitation; a word of limitation put into the human language. But those souls and those beings who get into the higher flow of their own consciousness know that there is never such a thing as what you would term, *death*.

Death is where there is a standstill. This is the true explanation, because there is nothing that is ever destroyed... Nothing ever dies, so to speak... it is only transformed. Everything is just transformed into different rates of vibration. Therefore, the word *death* is an entity in itself, merely a word created by Man to describe something which he does not truly understand.

Those souls who are truly in the flow, and alive, know that death is merely a transformation. We would like to clarify this so that, as you continue to work with the meaning of this word, you do not allow yourself to be bogged down by concepts, because concentrating too much on a concept can be limiting. It is most important, in Earth life, to be alive and in the flow of one's own existence, and to experience this higher level of one's own nature.

MONROE: Thank you very much. It would be very useful if you could explain to us this process of transformation that takes place when the physical body is no longer habitable, and where the human transfers, and what happens at that point.

ENERGY-BEING: When this process of transformation —this is the best term, to speak in terms of *transformation*— when this process takes place, it is a shifting of the basic energies from the home base which is in the physical body, and therefore, when this physical body is to be transformed into other matter on the Earth level, then the base of the human self shifts from this into its higher form. It is always in its highest form within, but it shifts in vibration, and then is in the released state of vibration.

At this point, different matters will influence the soul, because those souls who are not balanced and are held down by strong emotional vibrations can be attracted to the more dense vibrations of the physical, and therefore be held down into the Earth level. This is why there are souls that, through emotional experiences, are not balanced and stay more in the physical realm. They may not necessarily be seen with the physical eye, but often their presense is experienced, and this can happen within all levels of human experience. A strong emotional state can hold down a physical body.

There are different levels to which can move the more etheric self that has gone from the physical level of vibration into a higher rate. This is a rate of vibration that often those in the physical body cannot see and experience unless they are in a higher attunement. This is why there are many souls in the physical body who, as they get into a higher rate of attunement, can travel into any dimension and visit with loved ones on a different rate of vibration. Therefore, when the body is dropped, the self is then attracted to the next level of dimension where the vibrations settle, so to speak. Of course, this will depend on the emotions and thought-forms that one harbours at the

time of transformation. Souls who have preconceived ideas and thoughts put into the mind as to where, and when, and how they are to be once they drop the physical body, will experience just that, and be that until they are educated and understand that they do not have to stay in that state.

Souls who harbour such preconceived ideas and thoughts may find that their emotional body is held down by the more dense physical vibrations. Those in the mental state may also be held down or be attracted by the minds of others on the Earth plane who concentrate upon them and hold them down. Therefore, there are those who choose to stay around until they are released.

The power of the mind is so amazing... if the human self could truly understand the great power of the human mind... Souls who in the next state are free emotionally and mentally are then released into a higher rate of vibration where they are not caught into emotional or thought-form existences where they have to live through certain experiences. In attaining a higher level, the freer souls who are balanced and do not have preconceived ideas as to what and where and how they are to exist, flow into the higher rate of their own vibration and are able then to live in a more pure light-form.

There are many governing laws in the universe. For example, the like-attracts-like principle is very important in this whole process, because those who harbour the same thoughts will be attracted to each other. This is why there are many of the religious groups who are raised in a certain thought-form, and when they drop the body, they continue to stay together in that thought-form, and feel perhaps they are the

only souls who are in... what you call *heaven*... It is just that same process on Earth where like attracts like, and souls are attracted to each other by their vibrations and their nature until they realize that they are imprisoned in their own thought and emotional forms. For this reason, many beings from the higher levels are continually working to help release souls from the physical, mental and emotional thought-forms that can confine...

There is nothing that confines. The physical body does not confine, the mind does not confine, nothing confines other than that which the humans put upon themselves. The confinement, the imprisonment, is a self-made aspect of Man's nature and no one should ever be blamed for in a confinement, because each soul is given complete freedom to be its highest nature.

Many loving souls are continually working on all levels to help every energy-being to be released into its highest self. This is why, from the Earth level, you have been receiving training of the various dimensions and levels within the «life after»... but you must know that that «life after» is the life that is there *now*. There is no «before» or «after»; there is really only that experience of the *eternal now*. That existence which you are at this moment is the true nature of your being in its form. It is not necessarily in its released state, but the potential of that released state is right there. So life after death is life that is now; because there is no «after». If there is no «death», so to speak, there is no «after»; there is merely the existence of the *now*. Therefore, the souls who get into the flow of their own energies can experience *timelessness* more continually in the Earth plane, as the experience of *timelessness* is

that state where the soul is able to rise into the higher aspects of its own balanced energies.

One of the highest laws is the *Law of Cause and Effect*; and it is important for souls to know that that which they create around themselves will be the effect in which they will continue to live. Each soul must try to be aware of the fact that there is no one in the universe to be responsible for other than the self... If each soul, each light-being, each energy-being that inhabits a physical body would realize as well the important universal *Law of Responsibility*...

The *Law of Responsibility* means that the main responsibility given to each being is that of the self; and this is why it is said that when one is able to love the self, one is able to love all. This is an important universal law. When the soul takes the complete and absolute responsibility of its own being, it then will affect many other lives.

However, because there are many souls who are out of balance and who try to affect many others without having taken responsibility of their own being, a great imbalance takes place in the universe. Such beings may, in such case, magnify their ego and say: «I am perfect; I must show my brother how to live.» But this is a reversal of the law as it is to be used. There is no responsibility to another other than that great responsibility that one must take in getting himself into the highest form, attunement and balance. Then, when the energies are flowing, there comes the great *love energy*, and the mental, emotional and physical energies become balanced. There is also attunement, not only to all forms, but inner attunement within the self.

As a result of taking the responsibility of the home base, taking the responsibility of self, then the effect begins to take place in the universe where other souls can see themselves... because of the reflection of a soul that goes into its attunement and takes complete responsibility within its own universe, so to speak.

The great being, the highest light-being who stepped upon the Earth —Christ— came to show to Man that there must be that responsibility of the self, the responsibility to go within and to get into the highest attunement from within one's own source. As a result, many souls are affected, and this is why you study the life of this great being who had no needs —not the great physical needs as many now know, and who build around themselves false securities.

When a soul is in its own balance of responsibility for its highest nature and attunement, from the very home base of the self that is centered in the heart, then the universal *Law of Attraction* applies. Much is affected as a result of a being taking full responsibility for itself, and therefore, many, many souls then can see the light.

Letting that light so shine is most important, and not the deeds that are done in trying to receive recognition of any kind. Souls who are truly in balance and attunement, and who are working in the right mode, in the right areas of responsibility, will not need the outer recognition, the outer energies, or the outer material in order to get a type of security.

There are no securities in the human world because everything is movement. Anything that a soul tries to hold on to is a

false security which will result only in disillusionment. Souls should rather put their security needs strictly within that highest god-nature, into the god-of-the-universe that is tapped into through going within the self. These laws are the most important laws to remember: the *Law of Balance*, the *Law of Attunement*, and the *Law of Love*.

END OF RECORDING

DISCUSSION OF TECHNICAL FACTORS

INTRODUCTION: *This is Robert Monroe with another tape report from our Explorer files. TC is the reporter in this case with excerpts from several sessions. TC is the Explorer who is unable to communicate while in the out-of-body state. Therefore he returns periodically to his physical body so he can speak. Here is a series of such reports.*

MONROE: Try moving out in the 3 o'clock direction to your right, as you remember, and move along the line and see what contact and communication you follow or approach, what you find, and then, after suitable contact or communication, come back and report. (*Time lapse: 3 minutes.*)

EXPLORER (TC): Ok... not having much success establishing meaningful communication. A great deal of not very meaningful things have happened. Upon going up to the right, as suggested, I went by the same space as described earlier with the Virginia-type country-side, went right on by, further out, and kept going and got to a place where there seemed to be two big, roundish... almost like big boulders. Out in that area, the pulsations started to get much stronger, and as long as my consciousness stayed there the pulsations were very strong. No cognitive kind of communication could be made, though. It just seemed like an anomolous piece of space and I couldn't get any conceptual or verbal information.

I then tried to re-establish contact with sources of last Tuesday and seemed to have flickering successes, on and off.

I would for a few seconds make a contact, and then it would disappear. I would find myself back here and would go off to the right again, and a little flicker of communications would start —not necessarily with the same sources as of last Tuesday, but just some sort of communication would start. Then, a few words or sentences, a few ideas, would come across, and then I would be back here again —it didn't seem to be very steady. After having made numerous attempts I thought a long enough time had gone by so I came back to report.

MONROE: Very good. Now, start at the 12 o'clock spot, directly over where your physical head might be, and begin moving down from 12, around to 1 and 2 and 3, down to the right —very slowly— and think in your mind that you desire communication with sources who have knowledge of the planet Earth. And if you make communication and establish contact, then determine what you can and then report. (*Time lapse: 4 minutes, 10 seconds.*)

EXPLORER: After much searching I have found a source willing to communicate who does have some knowledge of Earth. It is very quiet out here today, for some reason almost like a holiday... everyone is gone.

I did find one source and I asked him if he could provide information of some sort of device, some sort of technical thing that would enable me to demonstrate the efficacy of such communication, and he wasn't too interested in that idea. He said: «If it is devices you want, then go and study your own science. You come here to learn about things in this reality or this realm —if you want devices, you go study your own textbooks...»

Essentially, I then said: «Well, such a device would carry a great deal of influence and weight in convincing others of the validity of this communication.» His reply was that he really wasn't concerned with convincing others of anything, that he really had no need or desire to convince anyone of anything —that really wasn't his thing. Then he asked me what else I would like to know, so I came back to report to let you have that question.

MONROE: Very good. Ask him, first of all, why it is so quiet where you have been exploring, and second, ask him if he has ever been in physical existence on the planet Earth. If not, what is his source, his origin. Third, ask some of the fundamental laws and rules that exist in his reality, and what they are. Try those three and then report. *(Time lapse: 3 minutes 22 seconds.)*

EXPLORER: I was not able to re-establish contact with that particular entity, which was very unusual, although I had somewhat of a feeling that there may be a difficulty when I left...

I've been experiencing other things: a black line almost seems to be going back and forth in front of my vision. For a while my body would sometimes be upside down, or sometimes standing on my head. It would lose all sense of physical orientation. Other things like that have been going on, from time to time...

I seemed to run into another source or two while I was out there, and tried to take advantage of the same three questions, but nothing really meaningful... the conversations were pretty dull... I would ask why things were so quiet and

the answer would be:

—«Quiet?! It's quiet?!

and I would say:

—«Yes.. why am I having so much trouble establishing any kind of communication?

—«Your're having trouble?!

...so I couldn't seem to get any satisfaction. Then I'd say:

—«Well, do you know of the Earth?

—«Yes, I heard of it...

and I'd say:

—«Well, are you from the Earth?

—«No!

I'd say:

—«Well, where are you from?

—«Oh... just here...

—«What do you do?

—«I'm just here...»

I almost got the impression that this entity just floats around, bumping into other intelligences occasionally and holding some communication now and then, but mostly kind of just floats around doing mostly nothing. That's just an example of what I mean when I say «I'm not in very interesting communications.» So I pretty just ignore that and go on to something else, and that has been the nature of all the communications today: not very meaningful, not very informed sources —when I can find a source at all...

MONROE: *TC is now trying the elation process, in one step...*

EXPLORER: Expanding in physical space or physical-like space is different from expanding in mental space, the main difference being an object with which you have reference to, in this case the Earth...

I tried expanding in two different ways. The first couple of times, I expanded one-dimensionally —that is, along a line and a particular direction, like backing away from the Earth, like growing larger and larger, but leaving and expanding away from the Earth in a direction along a line, along a radial from the Earth. I did this several times. The first time, as I got further and further away the Earth tended to disappear among other heavenly bodies; first the solar system, then the sun, and so on, would tend to get smaller.

I felt a gut reaction to keep track of myself where I was, in case I would get lost and not be able to find my way back, but realized that that was kind of silly and that I would always be where I am. I did this a couple of times, trying not to have that reaction of worrying about getting lost, and was able to suppress that or conquer it, and moved away back off until the Earth and the solar system, even the galaxy, were indistinguishable.

It seems the compression, the returning, the shrinking, is a faster process than the backing-up. It almost goes automatically; you just relax the will to expand, and you just kind of get reeled right on in. Like letting go of a wind-up vacuum cleaner cord; it just pulls you right in.

The second way of expanding was more interesting for what it did to the mind. I expanded two-dimensionally, that is, instead of expanding along a line, expanding as a surface,

a spherical surface if you like, expanding away from the Earth... the Earth being at the center of the sphere... and the concentric spherical surface expanding in all directions at the same time away from the Earth, the Earth being the center or the origin... and expanding spherically in all directions away from the Earth's center, was somehow a more interesting experience. End of report.

MONROE: *And here is an excerpt from the following session with TC.*

EXPLORER (TC): I have done some exploring. First, just general exploring in 12: loss of body consciousness... I seemed to be traveling backwards, seemed to change orientation... feet were up, head was down. These changing orientations soon kind of stabilized... in kind of an upside-down position. I then went on to communicate and seemed to find the source of last Tuesday a week ago, source to which I was lured —at least I believe it to be the same...

I asked several questions. Strangely enough, whenever I asked why it was so silent last Tuesday I just drew a blank. It's not really a blank like «I don't know,» it's more of a blank like «I'm not telling.» But I'd never get an answer of any sort. If they didn't know I would at least expect to get an «I don't know». But I draw a complete blank.

I asked for technical information —technical or scientific information— on how we might be better able to control or manipulate energy, the kind of energy that we are utilizing in these communications, or any kind of energy system other than those with which we are familiar. And it was very

definite that such manipulations and such energy systems can be manipulated for power uses, for everyday uses, but the difficulty in transfering that information seems to be the method of communication.

I was shown a blackboard drawing or schematic, but the detail was fuzzy and not to the degree of clarity necessary to actually build from it. The source went on to explain that this is the nature of the communication, that it is conceptual in nature, and that technical detail is very difficult to translate conceptually. The source added that I could see the drawings of such a device only as a representation of drawings. The idea that such drawings exist and could be moved is the concept given to me. Then I see like a visual image of such drawings, but that is a far cry from giving actual schematics or engineering drawings with the detail necessary for such a device to be built. So the basic nature of this telepathic, conceptual-type communication seems to be a barrier to passing quite specific information. I don't really understand in my own mind exactly why this is so, but that seems to be the general jest of what was said.

But when I said: «Well, you know, what do you want to tell me? deliver a message,» I didn't really get the feeling that he was there to instruct like a professor —or at least, if he was, he didn't seem to take the opportunity to do so. It seems to be more that the sources are there for us to query, rather than for them to deliver a packaged information to us.

MONROE: Very good. Why don't you try to come back to this source and inquire of him, from his position, his overview, what he can perceive of the planet Earth in its geological

issues, from now as we measure time, and during the next ten to twelve years as we measure time, and see what his response is. *(Time lapse: 2 minutes 55 seconds.)*

EXPLORER: Recontacted the source and asked the source about his vantage point or his perspective, and asked him if he was familiar with Earth, and he replied: «Yes, that's my territory.»... I got the impression that Earth was sort of his assigned beat. I also got the idea that he and other entities ...other intelligences, are made available to us, to help us maximize or get through our Earth experience... I don't mean «get through» like «get it over with», I just mean to help us get as much out of it as possible. They are there as explainers, and are particularly assigned to... like Earth duty.

I then asked about geological conditions in the next year, and he picked that data up from my mind and knew that that's what I was thinking about. And his reaction was: «I didn't know that information was available», and kind of got the idea that he was surprised that this information had been released... End of report.

MONROE: *Here is TC again with a report from another session.*

EXPLORER: This seems to be my night for jumping off of buildings. After going to 10 (*Focus 10*) I found myself on top of the parking garage in Charlottesville —getting up on the edge and leaping off, whereupon I found it quite easy to fly. At first, it seemed to be daylight in Charlottesville —I don't know whether I was behind time or ahead of time— it was a nice, sunny day, but I desired to get the present time, in which case it suddenly turned night. I went home by

following the streets so I wouldn't have so much trouble locating the house from above... went into the house through the roof... (*tape here is cut; presumably the missing words are «my wife»*) ... was in bed. I tried to communicate with her and manifest my presence. She was sleeping, then I tried to work on her health, gave her some green energy, and then, sort of a dual presence started to creep back into my mind, where I was also aware that I was «here» as well as «there».

Then the scenery changed. I was in some kind of building, some sort of structure. I seemed to be moving through them. All of a sudden I came to the edge, again like a balcony, went right on over the edge and started to fly again... This time I settled down in what seemed to be a... maybe an art gallery or a museum, except that I was inside a big modern art exhibit, three-dimensional, and I ended up inside of it, stepped through it and walked on into this area. Nothing much seemed to be going on, so I thought I would come back and report.

MONROE: Think of the colours blue, green and purple in any pattern that seems to develop for you, and as that pattern develops move through it, experience what you can, and come back and report. (*Time laspe is inaudible on tape.*)

EXPLORER: I visualized blue, green and purple in many different shapes and patterns at first. They would stay only a fraction of a second and then be replaced by other patterns; particularly green triangles, blue circles, and purple rectangles.

The pattern that persisted the most was what I would describe as a marble, swirling kind of pattern, with the blue and the

green and the purple kind of mixed like the swirls in a piece of marble, and maybe oil and water.... I moved through these colours, and the first two or three times I didn't experience anything at all. Next time I went through I entered on the other side of the colour in what seemed to be a city. It was a very large, rectangular city. After thinking for a while about how I might describe it I thought that its bulk and heaviness reminded me of the kind of structure your find in Washington DC in the area where all the government buildings are —not old buildings, but big, immense buildings, concrete and marble-like, imposing structures. I then came back and went back again a few times and then decided to report. End of report.

MONROE: Very good. Now, go through the same pattern and look for an intelligent contact or communication. *(Time lapse: 3 minutes, 22 seconds.)*

EXPLORER: I seemed to have some difficulty this time keeping my mind focused where I wanted it to be focused. I would all of a sudden be in some place or have some kind of very clear and stark visual imagery, and then I would realize that I wasn't doing what I wanted to do. Then, I would all of a sudden be back here and I would start off again, and end up some place other than where I was trying to go. I came back here, and after doing that maybe six or seven times I was succesful in going back through the colours.

A strange thing happened, though. As I was thinking over and over in my mind the colours blue, green and purple, after I finished saying «purple», a voice said to me: «and red.» And I'd say: «blue, green, purple,» and the voice would say again: «and red.» So red got added to my list of colours.

Then I saw the colours as stripes, mostly horizontal kind of stripes, and red was in there with the rest of them.

I tried to get more out of that particular intelligence, and when I did I got a very clear picture of a man, of a face, kind of a large, stretchy mouth... I don't know just quite how to describe him... He reminds me of a professor in physics at university; an unusual mouth with funny, thick lips... but I didn't seem to be able to get much conversation going. I kind of had the feeling that it would have been very helpful for me to have a particular avenue to investigate rather than just wait for him to bring up the subject. End of report.

MONROE: Is it possible for you to go and recontact him?

EXPLORER: Well, I expect so...

MONROE: Then, go ask the question: what relationship does he have to any of our activities? The second question is: how can he help our activities? Third question: does he have any direct relationship with any of us? *(Time Lapse: 4:12.)*

EXPLORER: This time the return trip was very easy. Part of what was giving me trouble before was that when I would come back and report, my eyes would begin to burn; then, when I would stop reporting and go back, my eyes would stop burning. This happened the first few times and it took maybe five minutes or so after the reporting had stopped, for the eyes to stop burning, but this phenomenon seemed to have stopped so without the eye-burning distraction.

I was able to go back to that source without difficulty. The source seemed to be very familiar with us —I guess «us» at

the lab. This was not the usual kind of source that I run into; it seemed to be just passing through, like bumping into a stranger on the street. In the very beginning, as you were still asking the questions, the contact was being made. And it was that immediate and it was very strong.

He seems to be a person —or an entity— whose ordinary work is helping people, helping human beings, by working with the subconscious. He works on a subconscious level with people. I'm not sure exactly what he does, but I kind of had the idea that he would maybe impart suggestions... getting people's subconscious working towards solutions to problems, and he has taken on this work using us at the lab...

The reason I am faltering here is because I have a very strong sensation of being on two levels at the same time... like my body is above myself and below myself at the same time. It is such a strange sensation that it is kind of hard to ignore it. I can't even explain it very well... but a very weird, spatial thing.

He seems to have taken us like on a side project. Sort of a pet project to see if he couldn't aid in the development of consciousness-awareness. It's sort of like a special project for him, to help us become aware of our consciousness and the nature of our consciousness. The thing that we can do to aid in this process, of course, is just logging more time, more hours, more practice, and exploring the consciousness in a regular ... «methodical» I guess is the word... in a methodical way, regularly. Somehow, just the number of hours, or the amount of time spent in the process seems to be important or very fruitful. End of report.

MONROE: Very good. Do you feel that you could make one more contact with him?

EXPLORER: Yes.

MONROE: Go, then, and ask about the various levels of human existence here, in this physical life and immediately thereafter. Ask him if he would identify the levels by numbers and give a meaning thereof... *(Time lapse: 5:06.)*

EXPLORER: I didn't really understand the question, but I heard what you said quite clearly, so I thought maybe the source would understand the question. I put the question to the source about the levels of humanity, numbers —and I guess what the numbers meant, or what the different classes were— and I received a reply that goes something like this: the levels seems to relate to the extent to which a person is aware of the nature of their consciousness.

The first level would be those who are unconscious of their consciousness. I guess we would almost tend to think of them as primitive-type people, although not necessarily «primitive» in a cultural sense... a person who was mainly instinctual, who acted on gut-reaction. The second level would be a person who was aware of his subconscious —or unconsciously aware of the subconscious, if that makes any sense— and the third and last level would be that group that was aware of other levels of consciousness or consciously aware of the subconscious. And there are all, of course, gradations in between... There's really an infinite number of levels, since it's a continuum between these three, the three just being stereotypes.

As far as immediately after death is concerned the source seemed to indicate something that was a little surprising to me. I had always had the impression from *Seth* that, after death, when joining the over-entity, a person sort of regains a great deal more of wisdom and vision than it had had when on Earth. But the source seemed to indicate that that wasn't true, that the persons in the first class —one of the class of ignorance about their own consciousness, or unawareness of their consciousness— really maintain their individual personality, and therefore can only be given the rudiments of what was going on. They would only vaguely grasp the nature of existence before going into another incarnation.

The one that was more aware would then be also more aware after death of what was going on, of the nature of existence, and the nature of the learning process taking place on Earth. The one that was more conscious, of course, would be the most aware after death, so it seems like you carry over your level of awareness that you had before death after death. At least that was the answer I got...

Oh... another thing was that as soon as I went back and re-established contact I was reminded that there was something that I should have reported last time that I didn't, and that is: when asked what we could do besides telling me that logging more hours was useful, he said the idea of the colour pattern was very helpful. When we visualize the purple and the blue and the green, this is like a signal to him that we are making an effort to affect communications, and it isn't like there is anything particularly magic about those particular colours other than it is just a good signal that he can notice... I forgot to say that the last time...

Another interesting thing was that his form changed this time, although the thick lips remained. All of a sudden, very close to me in front of me... was this huge figure, almost like a Polynesian totem-type idol, very large figure with, again, the thick lips, although the form had changed, and I definitely had the feeling it was the same entity. End of report.

MONROE: Very good. One final thing: do you feel it is possible for this source to speak directly to me through you, and would you permit this?

EXPLORER: Yes, it seems within the ability of this entity to talk through me. In other words it is a possibility. It does not seem to be very practical right now, because of the nature of my consciousness —the nature or the awareness— it doesn't seem the match or the fit, or the synchronization, or whatever. Maybe the intensity of identification isn't yet such that this could be done very easily now. It could be developed with further communications...

MONROE: Very good. Offer your thanks for the communication and the appreciation for this cooperation, and tell him that we will return again to signal him for such communication.

END OF RECORDING

—DISCUSSION OF LEVELS

—BENEFITS OF WALKING

—PURPOSE AND LIMITATION OF GUIDES

INTRODUCTION: *This is Robert Monroe with another Explorer Tape taken from our recording files of experimentation. For this session we will return to SHE and visit with Miranon for questions and answers. As you will note, the Miranon in these sessions is much more at ease, more able to communicate. The reason is, he is more familiar with the methods used, which evidently were as much unfamiliar to him as they were to us. Here's how the session started...*

MONROE: Is there any activity that you would like to perform?

EXPLORER (SHE): There is one thing...

MONROE: Go ahead and perform whatever you wish and then report.

Miranon enters SHE's body.

MIRANON: I appreciate your patience.

MONROE: How are you this afternoon?

MIRANON: I am very well... you have been playing this afternoon...

MONROE: Yes, we have been playing... It is a pleasure to talk to you again, in this passage that we call *time*....

MIRANON: It has no bearing here... What would you like to talk about today?

MONROE: First of all, do you have any information *(inaud.)*

MIRANON: There are several things that I would like to share with you. I have taken as much of what you call *time* in coming here, because I needed to be sure that Leona was in a good place, and I have taken her to a place where she is in contact with another being. She will rest there. It is important for her at this point in time not to enter spaces very deep.

MONROE: Such as?

MIRANON: She should not work with this material at home. She is... it is very difficult to find the right words... I I find in her head: «a willful young lady»...

MONROE: Yes, I see...

MIRANON: She should also begin trying to be in touch more with the messages that are coming to her each day. She misses many of my attempts to contact her...

MONROE: How can she do this? How can we help her?

MIRANON: I can have better contact with her when she is outside, and when she relaxes and becomes in touch with what is happening right then around her.

MONROE: We will inform her of this.

MIRANON: You have been making many positive decisions...

MONROE: I'm trying to be more decisive.

MIRANON: Are you using your *intuition*?

MONROE: As much as I can find it... Are there any recommendations on how I can improve my intuitive findings?

MIRANON: It is important for you to take time to allow the pulse to flow through you. You have the ability to work without the use of the tapes. You should work in the relaxed state as much as you can. There, you will find your intuition flowing to you more freely.

MONROE: Have you any perspective in my decision-making as to regards this new project we are into, in the care of individuals undergoing physical surgical operations? We would like your opinion on this...

MIRANON: You have set up a procedure that should prove fairly effective. It will show good results. You have been given instruction on some musical techniques that also have healing capacities. If you have the time you should incorporate these in your tapes. Whenever a person is undergoing anesthesia or going into a state where they will be... When a person is under anesthetics they are in what you call an *out-of-body state*, and they should at that point be reflecting on the colours green and blue. This may be useful to you in your preparation of the tapes. I don't know if you will be able to use this or not, but you have been given other information also.

MONROE: Yes, we will use that very much.

MIRANON: Your design and your administration of it should flow very well. You have some fine people working with you.

MONROE: How can I hold my own energy level back?

MIRANON: One of the things that I have begun to appreciate, from my perspective, is the importance and value that a physical body has in holding together much energy. It has the capacity for far more energy than most of you utilize. But one of the best ways to increase the energy in your body is to walk. And as you are walking, to watch the way the body moves, to watch the way the breath flows, and to concentrate —not force— but to concentrate on all of the things that are happening to your body. This enables the energy to be centered where it needs to be centered.

A body is its own best physician. In fact, one of the things you might include in your recuperative tape would be to have the person image walking and being aware of their feet touching the Earth, their hands moving gently at their sides, and their breath coming in, in regular, comfortable intervals. This will then enable the energies to flow to all the centers of your body as it is needed. Is that clear?

MONROE: It is clear; the question is: is there some technology involved that we are not aware of?

MIRANON: Man has about him a body that is not visible to your human eyes. Some people can see it, but it is not normally visible. The nature of this body that is around Man —Leona knows it as the *etheric body*; it has another term in

our language, but that will communicate it clearly to her. This *etheric body*, in its natural state, is upright, with the energy flowing in an even, patterned direction through it. The energy is evenly distributed. Remember the seven levels that I told you about?

MONROE: Yes...

MIRANON: These seven levels correspond also to seven centers within the body. And these seven centers all have an energy flow that radiates out. When a being is in perfect health, the energy from all seven of these centers flow evenly and harmoniously throughout the body. When the body is ill, the energy is not flowing evenly throughout the seven centers, and therefore the person suffers some physical symptom.

In walking, the *etheric body* is cared for. Its natural state is upright and flowing, and moving. When Man walks with his spine upright he is giving energy to the *etheric body*. He is allowing the harmony that should be in all seven centers to flow. And by being aware of his body he automatically subconsciously knows the areas that should be corrected for his own health. As you watch when you are walking you will begin to be aware of what areas of your body are not in harmony. I think if you try this you will see for yourself what I am talking about.

MONROE: We certainly will try.

MIRANON: And then the energy flow will come into harmony.

MONROE: So that we can be sure we are verifying, could you give us the location in the physical body of these seven energy points?

MIRANON: These energy points are based in the trunk of Man, not in the limbs. They are based along the spine primarily, or focused along a general line along the spine. They are also referred to as *chakras* by some of your philosophies. But they are definitely seven energy centers.

MONROE: Are they located generally where our philosophies indicate they are located?

MIRANON: Yes, the ancient philosophies. The people then were very much in touch with spiritual beings and with their own physical bodies. There is much to be gained in the understanding of this. The energy systems do flow in specific patterns.

The groups that you have that practice acupuncture are aware not only of the seven centers, but also how the energy radiates from one center to another, and how to bring it into harmony. However, it is not necessary to do the acupuncture. All that is necessary is to give the *etheric body* its own chance to bring everything into harmony, and this is best done in walking. Before your culture had cars, people were in better health because they walked each day. Now, your society is in a state of disease because of the time spent in sitting rather than walking.

MONROE: We will have, then, to systematically walk. I assume, then, that this should be done outside rather than inside a house...

MIRANON: Yes. The energy from the cosmos, from the universe, can flow into your *etheric body* when it is outside. It can also reach you when you are inside, but not as easily and

not as directly. It is also better, if at all possible, to walk barefoot rather than with shoes, to allow the energy from the Earth to mingle with that of your *etheric body*.

Children are naturally aware of this. Watch them. They naturally take off their shoes when they are outside. And they naturally walk and play and run, with more awareness of what's happening to their body than adults.

MONROE: We will certainly observe this and certainly put it into effect, and then I'm sure that you will observe us doing it... at least, smile at what we are doing...

MIRANON: Yes, I enjoy watching all of the progress that you are making...

MONROE: One other thing —which is a mild word to say— that has aroused our curiosity, is the geological changes that we discussed. In your perspective, do those still follow, as you have indicated?

MIRANON: From what I can perceive it seems to me that time perspective is accurate. It is difficult from this level to be entirely accurate on time. The appearance of all these geological changes seem to be an erasing of the lives of many people... You have an accurate perception that the people who will be left will form a genetically stronger evolution for Man, but it is not that the people left will be the necessary genetic links. Many of the people who will leave your Earth plane at that point will be very highly evolved spirits who need to come back and be born during this traumatic period of time. They will provide very deep insights for your culture at very young ages, and some of

these geological upheavals will give them the opportunity to come back in wisdom far beyond what their physical years will indicate... That may not seem as clear to you as it does to me...

MONROE: We digest it, more and more...

COMMENT: That was the major part of the session, and it did bring out some interesting perspectives. In a later meeting, this is what took place...

MONROE: Good afternoon, friend. Thank you for coming.

MIRANON: You're welcome. How are you today?

MONROE: I'm much better today. I had discomfort earlier in the last short period, which I could not understand. I was going to ask you if you did...

MIRANON: It is a discomfort I sense is also coming for Leona. And I needed to be sure that she was comfortable before I came. When we are changing levels there are changes that must occur —not only in the *etheric body*, but in the physical body— and these changes bring about much difficulty for the physical body that is undergoing it, and for the mind that has to experience it. There is almost a sense of death, because there is a part that has to die. But there also comes with it a sense of new growth; and it is a form of energy that must be incorporated into the lifestyle of each person. It brings potentials for much growth very quickly, but it also brings with it responsibility.

As I said earlier, you are essentially in two levels at the same time. And you are now beginning to make the transfer to the higher levels, into Level 20 and Level 21, rather than in the crossover of those two levels.

MONROE: I see. It was something I had not consciously encountered before. Great sense of sadness...

MIRANON: For any growth to occur there must be a change. I am sure that in your mind you understand that the physical death is only one of many deaths that you go through in your lifetime.

MONROE: Yes.

MIRANON: And you are essentially going through a death, right now...

MONROE: What does one expect entering this new level?

MIRANON: It will be a level of which there will be a greater understanding of all of the levels. You will be, if you remember the chart, in the level of the circle which can cross from any level. It touches on all seven levels. It also touches on the levels with the animals. You must be very careful in this level... Are you with me?

MONROE: Yes indeed, very much...

MIRANON: And when you enter this level, you must remember that it is important to experience the full circle —to understand the energy within the full circle, before you go off on various points. Otherwise it will be very difficult

to harmonize the energy. It is also important for me at this time to share with you how your soul force vibrates in me, to give you what is for me the vibration by which I know you.

The walking has been very good. And you are correct, it must be walking without purpose. There are also two times of the day in which the walking is of most benefit. And that is early in the morning as the dawn is breaking —not necessarily as the sun is rising, but in that period of gray light— and at the same time in the evening. At these transition points the circle is touching the spiritual realm. Remember that the circle touches Levels 22 through 28 at the top, and Levels 8 through 14 at the bottom.

In the dawn, at the rising of the sun, the circle is touching the spiritual realm, and at the setting of the sun it is touching the realm of the animals. Both forces have much energy and can bring much harmony into the lives of Man. And the walking at those times allows the *etheric body* to draw that energy into it... It is not good to walk in the middle of the day.

MONROE: This perhaps explains my need to be up at dawn...

MIRANON: Yes, that is very natural and very wise.

MONROE: Any other factors, then, that we should consider?

MIRANON: When you are also walking, it is important to keep your mind as free of concerns and worries as possible. For example, rather than seeking answers as you walk, allow the mind to become empty. Or at least fill it with something

that has no concern or worry with it. One can meditate simply on the word *one*, for in the circle, and in the series of circles, we are all *one*. There is no separation.

MONROE: I see...

MIRANON: The other thing I would like to talk with you about is the importance of getting all of my messages to Leona. She does not have a clear idea of what it is I have been saying. And there are several factors that are entering in. One of the reasons she is experiencing discomfort is that there is, for each unfolding consciousness, what is known as a *state of innocence*. This *state of innocence* means that, so long as the message has not been given there is no responsibility. But, once the message has been given, there is ultimate responsibility for not using it.

MONROE: I have not been living up to my responsibilities. I will do my best to get this to her in one form or another.

MIRANON: You have been very busy, too. But it should become a priority for someone to work on this.

MONROE: We certainly will see to it. Is there any other information or messages that you feel are important for us at this point? And I didn't know also whether I had interrupted you when you said you had some patterns that you wished to share with us. One was about the recognition of vibrations of me or of Leona. I believe I interrupted you.

MIRANON: When the awareness of the vibrations comes it is important to withdraw from activity. It is like a new friend. When a new friend comes, you take time to greet him,

to get to know him. So when the awareness enters your mind that there is a different energy in you, treat it as the arrival of a friend, for once you understand and become in harmony with this energy, you will understand more clearly and will not need me to get the answers you seek, for they are there for you.

You are about to enter the highest levels that can be entered in physical form. That does not mean that you will have attained the highest evolvement you can attain, but you will have the potentials to do so if you utilize that energy. But if you ignore that energy and do not become friends with it, it will become as your enemy and it will bring you physical illness. And the same is true for Leona. This is why I feel it is important for her to take time each day to be alone. She is not only about to enter a new level, but, as I told you before, once you go from Level 4 it is not a crossing into one level, but a crossing into two levels, because they are entertwined. And the energy there is very different and must be harmonized within the body. I am also about to make a step in levels. And so for all of us it is a time of death and it is a time of birth.

MONROE: Are the recommendations that you have given us necessary to help assimilate this new energy?

MIRANON: That is correct.

MONROE: We certainly will put them to work and to use.

MIRANON: I must leave you now. Leona's energy today is not very high. Did you have a final question?

MONROE: No, if her energy is low, let us not keep her away too long. I just appreciate so much your coming.

MIRANON: It is always a pleasure to talk with you.

MONROE: It is a very warm part of my existence here. And we will talk again, soon.

MIRANON: I bid you goodday, Ashaneen...

MONROE: Goodnight, Ashaneen...

COMMENT: And that was the end of the session with SHE and Miranon. The following one was equally interesting. Here it is...

MIRANON: How are you doing?

MONROE: Very good. Thank you for coming.

MIRANON: It was difficult today.

MONROE: Is there any particular reason?

MIRANON: There was a discomfort on Leona's part. She needs to become more comfortable with this change that she is experiencing. And when she entered Level 12 it was becoming very clear to her that it was different than it has been. There was some fear on her part, and it is more difficult for me to come when there is fear of any kind.

MONROE: Is there anything that we can do to ease that fear?

MIRANON: As she becomes accustomed to this vibrational change it will ease. There is a message that you should give her about this light that she sees. It is the level change that she is going through, and it is important for her to begin to see it in the dimensional level that it's in. Prior to this it has been more of a beam of light. Now that she is changing levels it is becoming a sphere of light. And this is more difficult for her conscious to handle.

MONROE: We certainly will remind her of that.

MIRANON: I am very pleased with the work you have been doing... You had some questions for me; and I have some interest in answering your questions on the levels.

MONROE: Thank you. If you are aware of the questions before, then I do not need to pose them to you.... but I will restate them... First of all, what happens below Level 1? Are there other levels or is that the basic level?

MIRANON: There are many thousands of levels. I chose to work with you from Levels 1 to 49 to give you an understanding of the number 7. But the number 7 goes to infinity in either direction. I could have easily called these «other levels». Below Level 1 there are levels that do not come into physical manifestation on your Earth plane. They are on other planes of existence.

MONROE: I see. Then, they are not necessarily available to us?

MIRANON: The progress of the cosmos is always forward. You would therefore have very little need for contact with those

levels below you. Within the circle of 49, there is a transmutational contact than can be made. But once you progress to a circle above the circle in which you are working there is no longer need to have contact with that lower circle. It can only pull you back in your evolution, and would not be a wise thing to do. You have gone through that and you are now into this circle which is where your need to do your work.

MONROE: I understand.

MIRANON: The difficulty in explaining this comes with trying to put into space and into time that which is neither spatial or having time. But it is possible to give some explanation... You were wondering about the spaces on either side, and the spaces out in all directions around the level that you are on. Is that correct?

MONROE: Yes.

MIRANON: It is like... I must find the words... your form of existence is but a small vibration in that of the entire cosmos, and yet, it is very important because you have the ability to transcend all levels. Many other forms of existence do not have this ability; but your form of consciousness does.

Your form of consciousness and mine are also the same. Therefore, we are insignificantly small and infinitely great. To either side of the level that you are on, are beings who have either just made the transition from physical life into death or beings who are about to incarnate. They are there, feeling the vibrations from you, so that they may make their transition, either on into the higher levels after death, or into that particular level as they come into life. But even life

and *death* are not valid terms, because there is only *life* Or there is only *death*, depending on how you choose to look at it.

MONROE: I see... One of the things, in reviewing, that we did not get and in which we are very much interested, is the mathematical formulas for these seven levels. In one of our regular meetings you indicated that these were available to us, and I wondered if you had them.

MIRANON: I have given you these formulas. I must explain to you several of the difficulties. On the level that I am on, thought is of a different form than the kind of thought with which you operate. It is, again, difficult to put into words. Your brain, that with which you think that you think, is more like an eye. It is like a computer that has the ability to organize and materialize concepts. When you are in the spiritual planes, it is different. The thought-forms are not computerized. They are visualized and patternized.

MONROE: I understand the difficulty, then.

MIRANON: If you need the formulas I can try to get them for you. But I also know that they are available to you.

MONROE: I did not realize that we had received these formulas in forms that we could perceive. If they are available to us, again, I would like to then try to take visual notes at the same time.

MIRANON: I do not understand what you are saying.

MONROE: You have given these to us, then?

MIRANON: Yes, I have.

MONROE: In reviewing, I did not find them, and evidently we lost our recording of them, or my notes on them, and this is why I seem to have a memory block as to how we got them.

MIRANON: I am certain that you have had them, but I will bring them to you again.

MONROE: Very good, I appreciate it.

MIRANON: There is one other thing I would like to share with you on this spatial relationship that occurs with the circle of sevens and the blocks of seven...

MONROE: Yes...

MIRANON: Leona has had a great deal of interest in observing a feeling that occurs when she is in certain states. And this again is the level change that is occurring. They are each undergoing a level shift. But also what is happening is that they are being observed.

MONROE: We are happy to know that.

MIRANON: Leona is in a transition period and is also being observed by a group of beings. It is important for her to remember her affirmation each time she goes into a different space. There is neither good nor evil in the universe; but there are higher and lower vibrations. And in a transition state, beings of a lower energy often try to penetrate. Therefore, affirmations are very important to keep these beings from being able to penetrate.

MONROE: You are aware of the affirmation that we generally employ*. Is this suitable?

MIRANON: Yes. It is especially important to deny the ability of any being of lower intelligence to have any effect upon the experience that the person is undergoing. And that should be stressed more in the affirmation. It is there, but I am not sure it is understood in its importance by everyone who works with it.

MONROE: Thank you. We will stress that more. Did you have another message for us? or information that you feel is instructive for us at this moment?

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*I am more than my physical body.
Because I am more than physical matter
I can perceive that which is greater than the physical world.
Therefore, I deeply desire
To expand, to experience, to know, to understand, to control,
To use
Such greater energies and energy systems
As may be beneficial and constructive
To me and to those who follow me.
Also, I deeply desire
The help and cooperation, the assistance, the understanding
Of those individuals
Whose wisdom, development and experience
Are equal or greater than my own.
I ask their guidance and protection from any influence
Or source that might provide me with less than my stated desires.

MONROE: We will follow this. I understand its importance.

MIRANON: Leona must also be very careful about the food that she eats. She is aware of what is affecting her body in positive and negative ways. It is not so much the kind of food that one eats that is important, but the manner in which it is prepared and in which it is taken into the body. **Food should always be eaten consciously.** And this is one of the reasons why smoking is very bad for you: because most of it is done unconsciously.

One of the ways to begin to withdraw from smoking would perhaps be to force yourself to become conscious, completely conscious, as you smoke. In doing that, I don't think you would smoke as much, and it would be much easier to release it because the body does give continual signals. And if you are conscious, you can become aware of that... I did not mean to lecture you today...

MONROE: (*chuckling*) We need the lecture... we sure do need it...

END OF RECORDING

MIRANON: You have given to Leona the instructions that I have for her. She is beginning to be aware of the importance of her need to change parts of her lifestyle. I cannot change for her, but she is experiencing some physical symptoms that make her aware of the need to change her lifestyle.

MONROE: What portions of her lifestyle does she need to change?

MIRANON: She must be willing to forgo the cigarettes. You must also very soon in your change release that. It is very difficult, if not impossible, to make the transition to the level of the circle and maintain a steady vibrational level in which smoking will put you. It does lower your vibrational level.

MONROE: Have you any recommendations as to the best way one can release oneself from such habituations?

MIRANON: Within the light there is all of the patterns that are needed to begin to release it. In your walk and the deep breaths, the work when you are alone, a work of meditating on the light or of thinking on the light... you will begin to lose the desire to smoke cigarettes. But it cannot be done without work.

MONROE: Should it be an instantaneous dehabituation or a gradual one?

MIRANON: It is like the release of any tension. There must be a balance. When the desire is strong enough to release it, it will fall away without much discomfort. But until there is the will to release it, any attempt at withdrawal will be very difficult.

—RIGHT AND LEFT HEMISPHERES OF THE BRAIN

—TRIANGLES OF SPIRITUAL ACTIVITY

—FURTHER DISCUSSIONS ON LEVELS

—MIRANON'S FINAL MESSAGE

INTRODUCTION: Welcome to another series of recordings taken from our files of Explorer experiments. For those who don't know exactly what we mean by «Explorer», this is a lable we apply to a group of volunteers who became extremely efficient in our methods of changing or expanding of what we call consciousness.

One of these points of efficiency is to be able to reach back and speak, utilizing the physical vocal cords while in this expanded state of consciousness. Another is to reach a state of confidence where a blending takes place with another form of intelligence, so that this other intelligence may speak also. SHE developed both of these abilities. As a result, we met and became friends with one of our favorite non-physical beings, whom you now know of as Miranon. Due to popular request, we are continuing with him, in this session.

SHE was lying on her back in a darkened isolation booth for the experiment. Electrodes were attached to head, hands and feet from several types of bio-monitors. After some fifteen minutes Miranon entered the scene, and we asked him about the right and left hemispheres of the brain. Here was his reply:

MIRANON (SHE): It is like the pattern of the « X ». If you have an « X », the direct connection between the left hemisphere goes to the bottom of the right, and the right to the bottom of the left. Leona, I think, will carry a visual of this which may make it clear. The difficulty is that, rather than trying to find the harmonizing patterns, Man has evolved and developed only one hemisphere of the brain. And therefore there is an imbalance. But at the center of the « X », everything is in harmony... The brain is not dual in purpose. It is only the way mankind has chosen to view this. There are beings on your Earth who have totally different brain patterns and who have developed the harmony within their minds.

MONROE: Is it to the advantage of the individual to harmonize both hemispheres, and, if so, what is the best way that we can do this?

MIRANON: In harmonizing the brain patterns mankind will be able to see the oneness that will enable it to evolve even more quickly. It is difficult to know —if you want to see mankind as mankind evolve... I must think on this— my goals are different than your goals. My goals are for higher and higher evolvement.

MONROE: Are not our goals the same?

MIRANON: Hopefully, they are; but not for all mankind. Many beings on your Earth are concerned only with the evolvement of mankind in physical form, and that would keep Man bound to Level 21. In harmonizing the brain patterns Man begins to realize it is not the physical evolvement that is the essential goal but the level evolvement, the evolvement forward in which his consciousness will take on many forms. And there

will be an ultimate point at which mankind, as such in a physical body, will no longer be of any concern. Man will have transcended Level 49 and have absolutely no need for any contact with mankind as he knows it now. So it depends upon what your goals are in harmonizing the brain patterns. You are allowing the mind to receive thoughts from higher and higher levels which are automatically like magnets which will pull you into higher and higher levels. At the same time your are making commitments that will eventually release totally your need for a physical body.

MONROE: Yes... I see the difference... and there is very much one, is there not?

MIRANON: I think it's necessary to find what the goals are for each person. In this shift that is about to occur on your planet, there will be much change in the patterns of the brain. And there will be many people who will make a sudden jump in consciousness, a sudden shift that they will be able to understand. And this is why it is important for beings like you and Leona to prepare your consciousness so that you can help others who don't understand what is happening to them. As the brain is harmonized there will be more and more contact with beings on other levels... I must check on Leona, the time is growing...

MONROE: Very good; we will wait. *(Time lapse: 2:12.)*

MIRANON: *(inaudible...)* ... plane.

MONROE: Our plane?

MIRANON: Your plane.

MONROE: Oh! my plane...!

MIRANON: It is like visiting an old friend —which of course you are...

MONROE: I can sense that beyond my conscious level... You made a statement some time earlier that has caused much reflection, and one where you said that we should remain open to other possibilities for a physical location, and we have been seeking another location in view of the changes that are coming, and we are much nonplus as to some guidance in this election of such a physical location, and the fact that you did bring this up indicated that there may be some help that might help us in making such decisions. A great part of my patterns of thinking has been to find a location that would let us continue to use or generate what we call electricity, and I felt that this is a need so as to have some form of continuance of our physical existence here. Is there another means by which we can so generate electricity other than the means I have received by utilizing a waterfall... or is electricity important in this coming change?

MIRANON: For you to work with the forms of energy that you do, it is probably wise to have the ability to generate your own electricity. I recognize that creates a difficulty in choosing a location for yourself... I do not think that in the area that you are in you will have too many problems if you cannot find a way of self-containing your own energy systems. I also recognize that if you were without your electricity you would find other means of making your same contacts. We are with you, whether we are with you through the use of... of your tapes... or whether we are with you in other ways, it is not absolutely essential to maintain the contacts in the manner that you do.

MONROE: Yes, I understand that... the question is: are there means that we can be taught to utilize our own abilities, our own mental abilities where the use of such electrical energy is not needed?

MIRANON: I have been teaching you this; it must come step by step... and that begins with walking, and it begins with coming in touch. When you began your first contacts, you did not have electrical tapes to help you, and so, you are aware of some of the processes that can occur.

MONROE: Yes... In the physical location area, generally in the area that we are in now on the planet Earth, is this area reasonably stable to be into in the coming changes?

MIRANON: You are in the center of a very spiritual location. There is a triangle of spiritual activity within your area, and your location right now is almost at the center of that triangle. Anywhere within that triangle will be very safe. You have a friend in the state you call Kansas who also is in a very spiritual triangle. There are fourteen of these triangles within the United States. These areas will be safe. They will be centers for help and guidance in the coming turmoil.

MONROE: What are the borders of the one in which we are? Can you roughly describe the borders of this triangle, where we are now?

MIRANON: The bottom base of the triangle which is on your left-hand side, would be... Montcello... and the right-hand base... (*long pause...*) I do not know the name of the mountain... but it is a mountain... on the south side of Renouk...

I believe it may be... Renouk Mountain... and it is an equilateral triangle from that.

MONROE: In which direction is the triangle pointing?

MIRANON: It is so difficult for me to deal with your spaces.

MONROE: I appreciate, yes... You've done very well so far... If I had the other point of the triangle...

MIRANON: It will be facing in the direction in which you will lie towards the center. I cannot identify what the point is above it.

MONROE: Is it towards the center of the United States?

MIRANON: Yes.

MONROE: Good, thank you.

MIRANON: I must return, now... Leona needs to come back and have contact.

MONROE: Thank you so much, Miranon.

MIRANON: We will be communicating soon.

MONROE: I appreciate this, and I look forward to our periodic visits, and that you are with us so much at other times.

MIRANON: Thank you, goodbye.

MONROE: Goodbye.

MONROE: *In another meeting we began by asking Miranon how we can help individuals near death, the «terminal cases» as they are called. Here is his reply.*

MIRANON: In order to help another person reach another level there must be communication that the person wants to make the transition. Then, it is very helpful to go to the sixth level and meditate on that, because that level does cross the boundaries, and enables the person to experience both realities without making the transition completely, and then, the person would be more apt to know whether or not they wanted to make the transition. Do you follow that?

MONROE: Yes... *(inaudible...)*

MIRANON: Yes. We cannot make a decision for another consciousness on any level; it is an individual decision. There is no consciousness that makes decisions for other consciousnesses. Many people have a concept that there is a divine plan for everything that happens in their lives, but it is only their own consciousness that makes decisions for them. This consciousness that guides their life is often on a different level, and therefore, there seems to be a God, but it is not...

MONROE: This would appear to be one of the great problems that humankind in physical matter has had throughout the ages: the interpretation of the unknown, of God.

MIRANON: The «unknown» is only the unexplored aspect of your own individual consciousness. It is very difficult to put into words... but each person has an individual

consciousness that is uniquely their own. Perhaps it would help if we talked about... for example Leona, who has an individual consciousness that is uniquely her own. Within that unique consciousness of hers are many consciousnesses which make up her body. Her body itself consists of millions of consciousnesses held together by vibrational energy, and all of these millions of consciousnesses are working together to create Leona's unique consciousness. Leona's consciousness though, is only one small part of billions of consciousnesses that are working together for evolvement.

MONROE: I see...

MIRANON: Sometimes, I don't see too clearly...

MONROE: I see...

MIRANON: My consciousness is tied to her consciousness.

MONROE: How is this so?

MIRANON: I said earlier that we were at one point one of the same consciousness. We are still not separate, but we have each evolved in different directions, and are now beginning to flow back into a merging. When I explained the levels to you I said that I could not reincarnate again in a physical body, because I have gone beyond the barriers that allow that; but I can experience moments of that when I merge with Leona's consciousness. And I am merging with her consciousness more often that just here. I cannot do it as actively, or in this form when she is walking around, but I can and do experience many of the physical activities she is in.

Her body is becoming more finely tuned, and she is reaching a place where she is about to make a transition of levels. She needs to meditate on Levels 19 and 20. She's not ready to make the transition yet, but she needs to begin preparation for that. I will soon make a transition in levels also, and if possible, we should do it at a similar point... I have diversed from the original question...

MONROE: Well, that is very good... it helps us understand... In this type of transition, what is the factor that allows you to move from one level to another?

MIRANON: Each consciousness has within its being all of the levels —from one to infinity. But it chooses to focus in one particular vibrational state. Leona, until this point, has focused primarily on Level 18. But she has within her consciousness all of the realms from 15 to 21. She must learn to be comfortable on all of the levels. And when that occurs there is true healing in the body; there are no longer any boundaries to the body, and there is a much more conscious decision as to the moment of transition into another level.

To go from one level to another, to change your primary focus of levels, it is necessary to focus on the work that you would be doing. For example, I have said to you that Leona should work at some point with healing, and that is primarily a Level 19 and Level 20 line of focus. So, therefore, she needs to make the transition in levels before she can effectively work in it.

MONROE: I see... A change in questions... or direction. I assume that one, having already been at a Level 3, for example, does understand that level... it is possible, then,

to focus downward momentarily to understand these levels? Understand and communicate with these lower levels?

MIRANON: Excuse me, I was checking with Leona... It is possible to understand and to communicate to a certain degree with the other levels. It is not possible, for example... the vibrations are the same on all levels up to 7. For example, Level 18 corresponds to Level 4 in the plants, or to Level 11 in the animals...

MONROE: Could one, then, communicate with an animal which is at Level 11 if he were on Level 18 or another level?

MIRANON: If you are talking about communication such as this, it would be very difficult. If you are talking about communication as a form of vibration, that is very easy. And every consciousness does this without an awareness of it. You cannot say that, for example, a species of plants or a species of animals is on a certain level. Even the simplest animals or plants may be on the highest level of evolvement within their shere. It is entirely a basis of where their own consciousness is. For example, you have animals in your house and you must have some idea of the different levels that they are on.

MONROE: Yes, yes...

MIRANON: You have one animal who is very highly evolved.

MONROE: *(chuckling)* And which one is that one?

MIRANON: *(chuckling along)* Well, you should be in touch and know... who do you think it is?

MONROE: I just have my very deep suspicions...

MIRANON: *(chuckling)* And so it is with animals and plants. There are plants that are highly evolved. For example, Leona has a plant that is on the exact level of vibration she is, and that plant is responding beautifully. She has another plant which is on a much higher level of consciousness and cannot exist as effectively around her because she is not giving it the vibrations that it needs.

MONROE: Does the animal, at the end of its cycle —that is, the fourteenth level— does it have an option of becoming a human?

MIRANON: All consciousnesses have an option of moving ever forward. When an animal, for example, reaches Level 14, when it makes its transition, there are several things that can happen. It is a consciousness. It has not yet attained the evolvement that will necessarily give it a continuing consciousness. Animals do not automatically incarnate. But if it has evolved highly it can by an act of —I do not have the words— it is possible for this to be done... it is not usual, but it is possible.

MONROE: If this is not usual... *(inaudible)* ... what, then, would be the circumstances that would permit this to happen?

MIRANON: For example, the animal in your house will come back. The next time that it comes back it will be in the human form, and on a relatively high level, because it has chosen to be in a house where it would receive nurturing of its consciousness. This is one of the necessary conditions. An animal may be highly evolved but have no contact with a

higher consciousness outside itself, and therefore, not be able to come back because it would have not stimulation to do so. However, the consciousness is not lost —this becomes so involved— there is a magnetic attraction. There is no vibration that is ever lost. And so, if an animal chooses not to evolve further, its consciousness is absorbed and becomes part of another consciousness. For example, in Leona's body, I said that there were millions of consciousnesses making up her own unique consciousness. Many of these consciousnesses are those of plants and animals that have chosen not to come back. It is an unusual thing.

MONROE: How did such a plan begin?

MIRANON: From my perspective —and that is all I can give you— I sense that it all began with one consciousness. It all began with you or with me... You are a scientist, you like to work puzzles, and that same interest, in working puzzles, in making things difficult and making them simple again, is exactly what started this whole plan. It was the need to feel resistance, the need to feel, to experience the uniqueness...

MONROE: I see...

MIRANON: It is the pulsing, again...

MONROE: Thank you. I guess this is something we will have to digest in our mentality *(inaudible)*... In another area, what, from you perspective, is the force that we know of as gravity, that holds us to this planet Earth physically?

MIRANON: Within every manifested form there is energy, whether it be living or dead. And within your sphere of activity there are forces that pulse inward —«inward» is not the word— I have trouble with your spatial words, they do not fulfill what I need to say...

MONROE: I appreciate it...

MIRANON: ... but there is a centrifugal force... is that the word?

MONROE: That is one, yes...

MIRANON: ... that creates vibrations that hold the energy consciousness together. On certain planes of reality there is no gravity, but the beings are still in the same space that you occupy... You are not the only form of energy that sits in your chair.

MONROE: Is it possible to use what we know as mathematics to express this in a formula?

MIRANON: The formulas that work for your geometric patterns would explain some of this. For example, one of the forces that act in gravity is the force that is expressed in the pyramid, in the design of the pyramid. The energy that is trapped there is a sine-wave pattern. Mathematics offer an intellectual insight into some very spiritual principles, but all of them go back to the seven vibrational states. Within those are all the mathematical formulas that tie the cosmos together.

MONROE: The seven states, then, could be expressed in mathematical formulas?

MIRANON: Of course! They are all equivalent to mathematical formulas and operate on very exact laws. For example, one philosophy you have talks about the sixteen petalled lotus. Are your familiar with this?

MONROE: Somewhat.

MIRANON: All this is, is 28 levels of consciousness in a pattern on top of each other, so that Levels 5 and 6 form the sixteen petals of the Lotus. And rather than extending in an up/down kind of relationship they were seen as an on-top-of-each-other, not quite at the same angle. And this is indicative of what happens when the person has to make his transition from that plane of existence —the physical plane— into the spiritual plane.

MONROE: Yes... Are you aware of the mathematical formulas that might be expressed of the various levels?

MIRANON: I can give these to you if you like. I must first check on Leona and then I will be back.

MONROE: Very good... *(Time laspe: 11 minutes 12 seconds.)*

MIRANON: ... Leona to stay where she is for a while. She is merged with the consciousness of her godfather... Well, it is not very good, I need to help her, and I will return and let you know when it is safe for her to come back. I could not get back because I needed to be with her.

MONROE: *(Time lapse: 5 minutes 12 seconds.)*

EXPLORER (SHE): I'm fine... Oh, I had a memory back when you were asking something about your helping someone make a transition. You said to meditate on Level 6, so I just started really getting into that. The next thing I knew I was being yelled at by him (*chuckling*) Hm.. What happened...?

MONROE: (*emphatic*) Wwwwwhat happened...?!

COMMENT: Our friend Miranon became so engrossed in our conversation that he evidently failed to keep a close watch on SHE's activities. And she took off too far on her own. During the 12-minute period we were unable to attract the attention of either SHE or Miranon. Tremendously worried, all we could do is wait. We would have been much more concerned if our bio-monitoring instrumentation had shown any physiological changes. At least we knew SHE's physical body was alive and in normal condition by our standards. You can be sure it was with extreme relief that we heard Miranon's voice again, and we are deeply grateful that he was considerate and thoughtful enough to come back momentarily and tell us what was taking place, even if we did not completely understand it. And SHE simply inquired: «What happened?»...

In a later session we encountered a different Miranon, and there was a reason. In spite of the poor quality of the recording we would like to share it with you. Here it is:

MIRANON: I have transcended to another level, now. Thank you; it is very nice for me. How are you experiencing your transition?

The potential at this point is to bring into harmony all of the physical forces that have caused you much pain. You must remember that it is a pulsing that carries you through, and that it is important for you to experience both sides of the pulsing. It is very different for me, now. Words become very inadequate. But there is a... a greater recognition of the work I have before me, and of the work I have done. I feel as if I have more understanding of where it is I must work. I am working at this point in achieving a greater harmony within the consciousness that makes up my particular being. I had started working on this before I crossed, but I had not understood the full scope... what it is I had to do... Sometimes *(sigh)* it seems a lot... but I know that it will be accomplished.

There has also come... what I would call... a gentle sadness with the crossing... and I know that that will be modified as I adjust to the changes. Mine is a world that experiences much differently, and I do not have a body. I am almost light, and before I made the transition mine was a world that vibrated in a very light and beautiful colour... I feel very close to tears... which is not possible for me to experience, and I cannot clearly put into words what it is. But now, my world is very different. Perhaps it is as if you would have to leave your mountains and know that you would never be able to experience them again.

MONROE: Yes...

MIRANON: I am sure, as I grow and understand more of this level I will find much to replace it. It is very beautiful here and I have more awareness of the... of the spiralling effect of consciousness throughout the universe...

MONROE: Does it become easier or more difficult for you to reach back and communicate with us here?

MIRANON: It is very difficult for me now. As I said earlier, Leona is also making a change. This had not been accomplished for her yet. And I was going to remain somewhat quiet in the presence, here. It is very comfortable for me here, and I enjoy sharing the experience with her and with you. I send you much love...

MONROE: And I to you...

MIRANON: Do you have any question of me before I leave?

MONROE: I have many questions. But they will come later. Will we be able to communicate later as we do now?

MIRANON: I do not understand your question...

MONROE: We both still hope that we can have shortly a continuing meeting... or several periods... if this is beneficial for Leona. Only if it is... if it will not cause her any discomfort, mental or physical.

MIRANON: The channel is open. And I am with you.

MONROE: Thank you, then. I have many questions, but they can wait, I believe, because I am so glad to be with you again after the period in our time which seemed quite long.

MIRANON: It did. Much has happened for you, and for all of us. Goodbye Ashaneen.

MONROE: Thank you, Miranon...

COMMENT: This was a transition for Miranon. One more change in level and Miranon will have moved pass Level 49, and perhaps beyond our communication. A change in level... death, rebirth, how often does it happen in a physical lifetime...?

END OF RECORDING

EXPLORER 15

—DISCUSSION OF ENERGY AND THE PHYSICAL BODY

—DISCUSSION OF PERSONALITY

INTRODUCTION: This is another recording taken from the files of experimental sessions conducted at the Monroe Institute. Such sessions began during a series of research projects which involved the exploration of the out-of-body state.

In 1975, a new factor appeared in the experiments. For reasons that were brought out later our out-of-body Explorers suddenly found themselves meeting and communicating with other conscious intelligences... or so it seemed. Such meetings were totally unlike the typical transe states of mediums and hypnotic subjects. First of all, our Explorers were fully active in their own consciousness, able to perceive, analyse and perform their own decision-making. Second, none of those with whom they communicated had a basic identification as a person —a human being who had lived and died on our Earth. Not a single dead aunt, uncle, mother or grandfather in the entire group. This was something different.

In this case our Explorer is JCA, a professional and executive in the field of social and mental health services. As we pick up the recording, JCA is already beyond physical matter reality and reporting in.

EXPLORER (JCA): ...feeling nothingness, of being nothingness: I am... I found myself in total blackness, being there, not being able to feel or see my body, but feeling where my eyes should be, looking around to see what's there, not being able

to see anything, feeling myself to be energy, and feeling energy around me that would represent other people; and meeting my guide who is also not in body form.

This time he spoke to me in a very deep voice, showing me it was still him; although his voice may be different, he is still the same person. And the feeling of nothingness is quite comfortable. Shedding the body is not scary.

MONROE: Alright, ask your guide if he has any questions, any answers, any messages or any information for you, or me, or for anyone else.

EXPLORER: Ok... I would say that tonight is a lesson for me to experience energy on another level; to feel energy. Apparently, this has been triggered off by my paying attention so much to physical body and to death of physical body, rather than looking at the being above that or beyond that. He just wants me to feel more comfortable with death and with not seeing a body. What he's going to prepare me for is more communication for more learning. This is very reassuring... I don't know why it feels that way.

MONROE: Ask him if he can describe for you the interactive position between this energy that is you now, and your physical body. What is this relationship between this energy body that is you, and the physical body that you are aware you have?

EXPLORER: That's a good question.... I don't believe this... Part of my energy that I have when I am out of my body is used to build my body. When I use this energy to build my body, being here on Earth, that blocks or curbs my thinking

process, so it doesn't go out-of-body. And the thinking process needs to be curbed in order to communicate with the other personalities that are here on Earth. Again, it's a one-type of communication.

When I'm out of body I take most of that energy that is used by my body with me, but enough to keep the body in form is left here. It permits me to pen up my mind and to be aware that there are other personalities, other brains, so to speak, to communicate with, to speak to, and to learn from.

MONROE: Ask the question, then, at what point in the creation of the physical body energy we inhabit, at what point do you become a part of it?

EXPLORER: Apparently —although fertilization is a mechanical thing, a chemical thing— the personalities out of body make choices, and are very much aware when this process happens. And they choose at that time to develop the foetus or not to develop. Part of my energy, even at this moment, may be used to develop a personality —I mean a body. And I may have several bodies going on at the same time... I mean several bodies are being developed at the same time.

MONROE: At the same time in this physical matter reality?

EXPLORER: Yes...

MONROE: If this is so, then ask your guide where some of those other bodies are located —if there are others— and that you are developing at this time.

EXPLORER: He's trying to tell me right now there's one that is old, one is crippled, one is male, and where they are I'm not ready to know... I could feel being old and crippled, but I really couldn't feel being male.

MONROE: Very good. Now, as this relates to what is known as physical matter, how does this take place, this separation? Ask your guide. How does this separation take place? What happens at this particular time?

EXPLORER: It seems that the energy returns to the personality and it strengthens... I don't understand it. It doesn't fit.

MONROE: What is the purpose of being in a physical body?

EXPLORER: It's the energy of the personality. It is not totally aware of itself until parts of the personality go to the physical body and give it range, or give it depth, so that it could look at itself at the low side as well as —when it goes out of the body— look at the high side. So you're looking at a continuum. And only after death does it come back into the personality. The personality is more aware of its own potentials... It feels right but it's not coming out right... *(chuckle)*

MONROE: Let us try another approach, then. Suppose this is so, when you return to the personality, do you then return again to this physical matter existence? And if so, is it your choice or is it something that you must do?

EXPLORER: What the personality wants to do is to learn about itself. After death, it returns. It's like the whole

personality takes an assessment of where it's at and doesn't really feel itself becoming a unified force, or part of a larger force. And until it feels whole it keeps exploring all parts of itself through physical bodies, like coming down to Earth. Apparently, at some point in time, when it becomes a unified whole, it no longer feels the need, then, to ever re-enter a physical body. That's the part of feeling... I think part of feeling nothingness, of just energy, of just *being*, without having to have a shape or form usually recognizable.

MONROE: Does this entering your physical body... is it just limited to this planet Earth, or to other planets in what we see as the universe?

EXPLORER: We go to other places. There are beings in other places... and our energy is aware of all these other places.

MONROE: Do we inhabit physical bodies in these other places?

EXPLORER: Not like human bodies you know; not like Earth bodies, but other forms of things or beings... like there's Martians... Martians I saw.

MONROE: Yes...

EXPLORER: We may do that. It could even be that one of our personalities, part of our personalities is playing against another part, to maybe work out a problem —not a problem, that's not correct: to help understand the personality.

MONROE: Ask your guide what are some of the other forms on other planets. What are those other forms like if they are not like our physical forms here?

EXPLORER: He's showing me ones like jello, gelatin kind of things, slimy kind of things... ooh!...

MONROE: Are these located anywhere near the planet Earth in our physical system?

EXPLORER: They're thousands of light-years away.

MONROE: Ask him, then, what about these Martians you've described, are they really from what we know as the planet Mars?

EXPLORER: They stop there, but that's not where they live. Apparently it's like a visiting place for them, but it's not where they live.

MONROE: Where do they live?

EXPLORER: In a green place... another green place... how can that be?

MONROE: Is that thousands of light-years from here?

EXPLORER: It's pretty far away... We were almost going to go, but then we decided not to.

MONROE: I see.

EXPLORER: I'm not sure I want to go that far you know *(laugh...)*.

of matter into another form of matter that can be assimilated and digested, and act as nourishment for the physical body? In other words, can we take dirt or soil, and convert it into something that would be of nourishment for the physical body?

EXPLORER: Initially, he said yes. And then he also said we would need to do this less if we used this energy to slow down our own metabolism. We don't need as much sustenance as we think we do... And therefore, a lot of the foods that are around us, even in some pretty hard times, would hold the physical body together. We wouldn't have to transform trees or dirt into food. We could also use this energy to recognize edible and non-edible... in terms of poisonous and non-poisonous things.

MONROE: It can be so done, then?

EXPLORER: Yes. In other words, you can work out a code, where you look at something... if it were good it would indicate a white light over it or something, or if it were bad, indicate a red light or something like that. You wouldn't have to look into a science book or a plant book to know what you're eating.

MONROE: I see. Is there... in such intaking in the physical body, is there anything that is destructive about eating or consuming animal flesh —in other words, meat?

EXPLORER: It's harder on the body. Our body was made more for... I keep seeing plants; green plants... but we have the capability of making our body able to handle animal fats or animal meat if we wanted to.

MONROE: I see. In order, then, to bring the body energies... is there any way that we can use this energy-that-is-you, can we use this energy to restore and build the physical body directly?

EXPLORER: Again, if it's in terms of life being prolonged, when it should be cut off, no. The physical body is not something that goes on forever, although the energy would be able to do that. It's not going to help the overall personality to learn from it. It would just be wasteful. The idea is to use the body as a tool, to learn. And once you've learned from it, then the body should be discarded. And therefore the energy, the mind returns back to the personality.

MONROE: Very good. In this question of personality in the adaptation of a physical body, is there a structure... is there a subdivision... is there a seven-worlds structure, in which one operates, or is this totally a *(inaudible)* situation?

EXPLORER: I'm not sure what you're asking...

MONROE: I'm asking, is there a set of rules or laws under which one —this energy-that-is-you— operates in terms of inhabiting a physical body... *(inaudible)*...? Is there a supervisor, a boss or whatever, who instructs you and decides what you do?

EXPLORER: No. The energy itself decides. Now, if the energy itself makes wrong decisions or misuses the energy, then it destroys itself. If it makes correct decisions, it builds or strengthens the personality. And it is possible for the energy to destroy itself.

MONROE: That's very good. Ask him, then, how can we display this type of energy-that-is-you... how can we display it in a form, here in this physical matter world, that people will really be certain as to what it is... another form of energy. How can we demonstrate this?

EXPLORER: In fact, he says we're not going to...

MONROE: For what reason?

EXPLORER: He doesn't see any purpose in doing it. He doesn't see any positive results, a positive reason for doing it. And it's unimportant.

MONROE: Does he not feel it is important that we make this culture in which we exist aware of this energy?

EXPLORER: Oh, yes... he feels that that needs to be done.

MONROE: How can we best do this?

EXPLORER: He suggests that he might get some more guides to come and monitor over the seminars to help people stay in Focus 12 and feel very comfortable in 12, so that they would want to keep returning there. Because the more they stay in 12 the more they are going to realize that they are part of a much bigger force or personality.

MONROE: That would be very helpful. Ask him... Is it possible while in the physical body, to use this energy to do or perform certain things that are necessary for the sustenance of the physical body? For example, is it possible to use this energy, of which you are, to convert one form

MONROE: What is classified as «misuse»?

EXPLORER: When it has not added to its present knowledge, it hasn't learned or hasn't gained anything more than it knew previously. It's more than just a question of good or bad, or good or evil.

For example, killing, by itself would mean that it would destroy the energy. If the killing —whether it be of an animal or another human being— was not just added to the knowledge but was enhancing the personality... the deed actually enhances the personality, the previous knowledge or understanding... then, that may be used as additional strength. If the killing was for the sake of killing and nothing learned, and nothing gained, then it could destroy the overall personality. It's almost like a chemical reaction, but it isn't. I mean there isn't a super guy who destroys the energy. The energy itself may destroy itself.

MONROE: Under these conditions, on 100 personalities who exist in the planet Earth, and who perform or do not perform certain acts, how many are so destroyed, out of a hundred in this system?

EXPLORER: I got five, and then I got very few.

MONROE: I see...

EXPLORER: It's also possible for these energies to merge with another energy who are at the same development level. So it may also be possible for five energies to merge, to become one energy. Now they can at that time become integrated, or they may look... the energy might look at this

new situation and decide it needs more information to become a unified whole, and therefore may send up part of its energy into physical bodies, or whatever... But there also seems to be a hierarchy of understanding that goes along with this. As the energy is strengthened it moves up a hierarchy of knowing.

MONROE: And where is this hierarchy going to lead to?

EXPLORER: I asked that also, and it... what we would call «God»... but it's ... I can see it, I can feel it, but I can't say it. The words don't say what it really is.

MONROE: Very good. What would be the purpose of the merging of personalities?

EXPLORER: It's very important to become... move towards this unified whole. A whole... like there is one on the top... and as the personalities move and merge and become more knowledgeable, when the level of understanding increases, they move on up to... this doesn't make sense, probably, but usually it makes a lot of sense.

MONROE: Alright, then. I think this will give us a lot of material to think about. So thank your guide and ask him if there is a name we can use for him such as the name *Seth* uses for *Seth*. We would like to have a name for him.

EXPLORER: He doesn't want to give a name to me right now because he doesn't want it to interfere in the training we're doing, and afraid that I would be too... not concrete, but that's close... like he can do his work better right now without my giving him a name. It's bad enough having given him the name *guide*.

MONROE: Alright, ask him if there is any other training exercise he would like you to perform before we close this session.

EXPLORER: No, he feels I've gone further than he had anticipated I would go tonight, so he's quite satisfied.

MONROE: Very good. Thank him very much.

SUBSEQUENT SESSION

EXPLORER: I'm getting rid of my inhibitions... I didn't know what he meant by that and I found myself in this black void, unable to move, breathe or anything, and I asked him: «Well, what do you mean by *getting rid of my inhibitions*?» And I don't understand where I am right now. My energy apparently is not going to be developed more than it already has until I allow myself to be more me —I mean all the time. He says there is a time when I really am going to —at any time during the day— be able to communicate with him, and not just here at the lab, and go to other places...

He also made the comment that people are making this higher level of consciousness or his level of knowledge much too complicated. It's not all that complicated. It's there, it exists. How much you are aware of it, the knowledge you have of it, apparently, is dependent on how much you are aware of *me* or *I*.

MONROE: Ask him, then, about the differences between this level in physical matter on the planet and that where he is. What are the steps in between?

EXPLORER: There aren't any steps in between. There's a wall. There's a barrier in between *here* and *there*, and it's like when you jump off that barrier or go through that barrier, you're there. How much you take in once you're on the other side is again how perceptive you are... just like how much you take in here on Earth is how perceptive you are. And again, your perception, your depth of perception, is your awareness of yourself, be aware of who you are, trying to figure out who you are, picking up «vibs» of other people, being aware of them, and being free enough within yourself to knock down that barrier.

MONROE: What is the barrier?

EXPLORER: The barrier is in your mind. A mind does not believe that there is more.

MONROE: How can we demonstrate to the mind that there is more?

EXPLORER: A person knows that there is more. They know it inside themselves. Whether they admit it and want to see it consciously depends on the development of the self or the spirit. If they haven't developed they're not going to verbalize it, to be conscious of it. As more and more people talk about it, more people will admit and search it out.

MONROE: How can we, here, improve that search?

EXPLORER: He's telling me to tell people that it is the search of the mind. Of what it is able to do. What it is capable of doing, rather than telling people that it's possible to go out of body. Leave that up to them, they'll tell you...

Mind... It's a search of what the mind is able to do. How to find that out, and what their mind is able to do, in a very non-threatening way, a very relaxed atmosphere. Relax them. As they get into deeper levels of relaxation, they'll become more aware of their mind, more aware that it travels, that it sees things. The mind sees things because it wants to see things; because it doesn't like to see emptiness and void. It secretes things. The universe itself is a great big void. It's all black. And the mind actually creates places to go to, things to do, whether it be on Earth or in an out-of-body travel. And the fact that there are people on other earths or other planets is because their minds wanted to create something, to give exercise, to see what they would do, what it would be like...

MONROE: Can we contact people on other planets, like we are doing now?

EXPLORER: Sure... But you have to realize it's what we want to see, what they want to see... Maybe there's really nothing out there... I mean true reality, absolute reality... There is nothing. We created; they created. We can communicate with them, and we can meet their minds and see what their minds see or have made up...

MONROE: Ask him if he can help you communicate with some other mind on some other planet.

EXPLORER: He showed me briefly a little while ago... He took me and we went to this little place, and I saw a person —not really a person, a being— and a place that was kind of ... a yucky kind of green that was out of a bright sky. It was kind of cold and people live under mounds. That's weird! Yek...!

MONROE: Ask him if he can take you to a place that is much like this planet Earth, and where you can understand the communication given. And if he will, ask him if you will go there, now.

EXPLORER: The name of it is: *City in the Sky*. It's not in this universe, it's outside of it. Very pretty, pretty building. Very bright; no plants, no vegetation... There's something really strange about this city... all is very pretty and pleasing to the eye... It only dawned on me that there wasn't any people. There weren't any people around, or things that I could see. And I asked him about it and he said: «The spirits of those bodies have abandoned this city. They achieved their goal and they got bored with that city. And they abandoned it.»

There is something really strange that the spirit of the Earth bodies are eventually going to abandon the Earth, when ultimate peace has been achieved on Earth, when conflicts have been resolved. The spirits of our bodies are going to abandon Earth, too. It's no longer going to be interesting, there's nothing more to be learned.

MONROE: Where will they go when they abandon it?

EXPLORER: It's not a place. It's just this... this void. The spirits don't have bodies. They are just energy. And energy exists within what we call the universe... Of course, it's not something that you can perceive... I guess they're something that you could feel... They're just *there*...

MONROE: Then ask him what happens when we pass through physical death as we call it, here. What happens to the spirit and the energy-that-is-us?

MONROE: Then, if I can find out, ask him to relate it to you as to who and where they are.

EXPLORER: No. He tells me I've had enough. He tells me to come back.

MONROE: Debrief...(*pause...*) How do you feel?

EXPLORER: Pretty good.

MONROE: Do you remember all of your things?

EXPLORER: Uh, uh... I wacked right back in that time...

MONROE: Wacked?... How?

EXPLORER: Can't I say goodbye to my man?

MONROE: Didn't you?

EXPLORER: I didn't have time to say goodbye to him. I just came back really fast.

MONROE: Hmmmm... Let me get you some air...

COMMENT: And there you have a glimpse into the adventures of JCA. There are many fascinating aspects of JCA's reporting, as you have heard. Here is a modern-mind personality trained in several disciplines, trying to understand and assess an information from an overview beyond such training. It would be interesting to put on paper a graph or flow-sheet of the energy patterns that JCA and her friend have described...

EXPLORER: The spirit or energy regroup, so to speak; it takes a look at its whole and decides what it's going to do next, where part of it may still be existing in other bodies, and it may decide it wants to break up some more energy to make another body or go some place else, or it's time to integrate itself into a larger mass of energy...

MONROE: This decision... is it made of its own self, or does someone make the decision for it?

EXPLORER: It makes it.

MONROE: What other choices? What happens if it integrates with a larger band of energy?

EXPLORER: The larger band may decide also to create some more people or things, or whatever, because the ultimate is to integrate all of these energy systems to become one. And what happens there, I don't know. It becomes one, I guess. That one may live like that for a long time and then decide it wants to start all over again.

MONROE: Ask him if the energy-that-is-you is in any other bodies on the planet Earth at this moment.

EXPLORER: I'm trying to find out where or with whom, and I can't seem to receive that kind of communication.

MONROE: Ask him if that kind of information is available as far as I am concerned.

EXPLORER: Yes, you could find out from him.

—DISCUSSION OF TECHNICAL FACTORS

—MALE-FEMALE DUALITY

—PENETRATION BY NON-PHYSICAL ENTITIES

—COMMENTS ON THE PREPARATION FOR EARTH CHANGES

INTRODUCTION: This is another series or recordings taken from the research files of the Institute. As you may know, these were made during experimental tests with carefully selected volunteers, chosen for their stability, and the response to training and our techniques. Because the sessions involved work in unmapped areas of consciousness using new methods, we began to call them our «Explorers». We also come to regard them as a courageous, gutsy group of individuals.

In terms of methods, it must be stated that no drugs or electrical brain stimulation are used in such experimentation. The reason is not particularly ethical or legal, but more of the fact that we have found clarity of consciousness to be essential under near total control, and without distortion. Even a prior cup of coffee can affect the result in several of our Explorer group.

The recordings were taken from two-way audio lines between the laboratory and isolation chamber during an experimental session. The researcher in the laboratory feeds audio signals to the headphones worn by the Explorer in the chamber. In addition to such vocal recording, electrodes are attached to the Explorer's head and body, and transmit biological information to the laboratory monitoring unit. These are recorded on separate channels for subsequent evaluation.

Much of the sessions with our Explorer is taken up with testing audio patterns. And we think a sample of this will give you a more balanced viewpoint of the work taking place in our facility. Here is TC, our physicist, doing just that in his own style of reporting...

EXPLORER (TC): About 30 seconds ago, my non-physical body would oscillate with the oscillations of the tone —head-to-foot oscillations, back and forth. Oscillations in my head, which is strange with this higher frequency signal... About 10 or 15 seconds ago, also caused my non-physical body to oscillate. The oscillations are not at the frequency of the sound. They are usually around one, two or three hertz, inharmonic to a natural frequency... There's more oscillation here... A wabbling inside the physical.

MONROE: This is in response to a 40-hertz binaural beat.

EXPLORER: Seems to cause about a one-cycle oscillation, and also I can feel a much smaller, four-cycle oscillation, but both of them are there at the same time...*

MONROE: In a later session, TC met an old friend. Here is what happened...

**Editor's note*: *About four pages of technical information such as the above have been omitted from the transcripts. Interested parties should refer to tapes for full account.*

EXPLORER: ...just that it was more difficult to expand the chest to take in the air... just like a lead blanket had been put over my body, making it harder to breathe... not an uncomfortable sensation, just a peculiar one. I still feel the effects of it. It hasn't really disappeared much, yet... Almost like a centrifugal force —like I'm in a centrifuge, being pressed into the bed.

MONROE: Now, can you still communicate with Thor?

EXPLORER: Oh yes, I have been all along. He says the beats up in the low hundreds will facilitate visualization.

MONROE: Any specific in the low hundreds?

EXPLORER: Hm... it sort of depends... from one hundred to about three hundred should increase the visualization, and the 50-hertz thing should increase your awareness... and all of these tones can be played simultaneously... even though the ear will not consciously be able to differentiate, to pick them out in the various beats, and so on. The nervous system does indeed hear each one separately, as well as all together.

MONROE: I guess we shall have to make an application for testing purposes... very good. Is there any particular frequency which might be used for healing purposes, to help the body coordinate or balance itself?

EXPLORER: No, if the mind-body can be put into a ... first a theta state, then a greater awareness, then a sharper visualization, this will facilitate the healing, both self-healing and healing of others. In this sense these tones

will aid the healing process, but they are very generally laid-out processes that require focusing of thought-energy.

MONROE: Related to this, could you ask Thor what relationship this second self has to the physical body —the energy body, as we understand it— and our use of it... is this accurate? And how does it integrate into the physical?

EXPLORER: What we already understand about it is pretty much the way it is... The second self, or energy body he says, is a truer representation of the personality, and the physical body is a projection of this body energy in physical matter reality. He actually used the analogy. He'd say: «Like a shadow, on a physical matter plane»... It seems that the energy body itself may indeed be a shadow of a yet more refined essence of personality...

I'm not sure how, as far as this telescoping takes place... It's as far as it seems to go... Male and female sexuality in this physical reality is an expression of a more fundamental... sort of a duality, or differences... and here, I'm not sure of what these differences are; but it seems that it is more fundamental than the sexuality in the physical plane, in that this duality that is essentially the other half of balance... it's kind of a basic duality of consciousness, or duality, I suspect, with two aspects of the same thing. And this fundamental duality of the individual consciousness is expressed when projected into the physical matter plane, or when the shadow falls on the physical matter plane, into male and female. But the same duality is also within each individual. It's not that a male is all of one type and a female is all of another type. Both balancing energies are avail-

able in each type. It's just that one characterizes or exemplifies a kind of basis of each of the two balancing members, more than the other.

MONROE: Does it continue to exist when one uses the energy body only, and does not any longer have a physical body?

EXPLORER: Yes, it exists. But as the energy body evolves the duality is brought more and more together, more and more balanced within the individual... I got two thoughts at once, there... Let me back up so I won't confuse the... it's almost again a telescoping thing...

As the energy body becomes more evolved, the duality becomes more and more balanced, until at the end point —if there is an end point— this duality is indeed integrated into a single substance. The single, non-conflicting personality, or the less evolved... as one goes to the cruder and cruder manifestations, down to physical matter reality— which, by the way, doesn't seem to be the last one in the chain— it seems that physical matter reality projects yet onto another, and here, this duality seems to still very much be... it's not really «conflicting», that's the wrong word, but... almost like different types of energy. But they're not very well integrated. And one seeks and needs the other, to balance itself. This integration process then takes place as the entity becomes more evolved.... I'm not saying it really well, but I hope I got the idea across...

MONROE: Yes, you're doing fine... Do you feel well enough, and is Thor willing to take up one final subject?

EXPLORER: Certainly...

MONROE: Let us move to the question of the penetration of the area around the Earth by other beings from other spaces or places. Is this taking place now?

EXPLORER: Are you differentiating between physical penetrations?

MONROE: Let's start with physical penetrations, first. In other words, are there any spaceships —if we want to call them that— that are not originating in the planet Earth or by humans of Earth? Are any such in the area of the Earth at this time?

EXPLORER: The problem is «in the area of»... As would be regarded by such space vehicles and their occupants, the answer is yes. As would be regarded an Earth view of space, it may be considered considerably removed from the «area of».

MONROE: Yes... then, point the question more closely. Are such penetrating the actual atmosphere of the Earth, at this time or in short recent times?

EXPLORER: It happens, from time to time, where near-Earth spaces are occupied by such physical entities, but it's not a general thing. It's not a rule, it's rather an exception. And as I look ahead in the future, I don't see any change in that status. I don't see any public disclosures of... of landings on the Whitehouse lawns, or anything dramatic... I see that, occasionally, such a traveler does enter in the near-Earth environment, and...

MONROE: He does it, then, covertly...

EXPLORER: Yes... well, not necessarily... I'll say «discreetly», which is a refinement of the word «covertly».

MONROE: Yes. What means of communication do they use?

EXPLORER: I don't know. It seems that some are self-contained units and are not in any kind of routine communication with a base, or a home or origination. They are independent, self-contained units, and of course they're in communication with members of that unit. They don't necessarily come in groups or packs.... I get the picture of communication taking place but I can't really tell how... maybe Thor will give me something verbal rather than visual, here... Just a minute... there are a lot of different kinds of communication. Some are by light, others by telepathy. But the telepathy, somehow, doesn't seem like a natural telepathy. It seems like some kind of device-aided telepathy where one, by having the appropriate equipment, can transmit and receive without the benefit of radio waves, using thoughts. But it's machine-aided telepathy that I see...

MONROE: What power or energy do they use to move their vehicles to counteract gravity?

EXPLORER: I don't understand it. It just essentially comes across that it works, that it is not the conventional power that we know of. It's not a rocket or anything like that... They don't seem to need a large amount of fuel, whether they gather it as they go, like from sunlight, I don't know. But it's like they don't have to stockpile the fuel like a rocket has to. Perhaps it's the solar energy, I'm not sure, but it doesn't carry along fuel tanks, so to speak. It travels under an energy that is just too alien to me. I don't really understand it or know how to describe it. It just sort of works.

MONROE: It's not within your ability to understand it or experience it?

EXPLORER: I think that's the problem...

MONROE: I understand... Then, let's turn to the penetration by non-physical entities or individuals, in the planet Earth. What penetration has, or is taking place at this time as compared to non-physical individuals or groups?

EXPLORER: There is just an almost infinite number of non-physical entities which can penetrate to our Earth or to physical matter interaction. Now, that doesn't mean that they can assume a physical form or project themselves into physical matter. But they can interact with beings in the neighbourhood of, in and around, among and through, with physical matter... It's like the spaces teaming with... —space I say... well, inner space... or whatever this non-physical space is— it's teaming with life like an ocean is teaming with fish... and then all around there are like all different types of interests, some of which couldn't care less about the Earth and others that are very interested. They all seem to have their own thing to do, or their own journey... Does a fish have a journey? I guess salmon do, and a few others do, but they just seem to be doing whatever it is they're doing... and there are lots of them around...

Now, this sort of random penetration of whomever seemed to be interested or passing by, has changed some recently, with a higher level of organization taking place, more entities who are Earth-interested, actually working, laying plans in some way... I suppose one could say: interacting with or interfering with humans on Earth... and it's much like near-

Earth future is going to be a big event, sort of a coming attraction... This organization is centered about a preparation, helping to prepare humans for this big coming event. I haven't been given the information, but I assume they're talking about this geological change, and that is sort of well known, that this big happening is about to occur.... I don't understand how «is about to occur» is defined.

This «time» thing confuses me, but it's like there is a time, and this time is coming close, so the Earth is attracting a lot more attention from non-physical entities than it has in the past, because of this... It's like the theatre is beginning to fill, or the seats at the circus are about to fill up and some of which are the early comers who are down there trying to give moral support or encouragement, or help, or whatever they can to the about-to-be performers. I think the ones that are trying to help have a pretty close tie with the Earth. Mostly, they are entities that for one reason or another relate strongly and have a lot of good, positive feelings towards Earth and the Earth experiment.

MONROE: Then, ask Thor where he fits into this pattern...

EXPLORER: He says he likes Earth and hopes everything will work out alright.

MONROE: Ask him what his relationship is to you.

EXPLORER: There doesn't seem to be anything personal, just acquaintances. Evidently, he was in the vicinity one time when I was requesting communications, and such a friendship, so to speak, was started up... I don't have a feeling, as others have reported, of an oversoul, and that kind of personal

relationship. I think he is just a friendly entity who doesn't mind sitting down for a chat once in a while. And once again, as I said, he is very Earth-interested. He has very fond, and sort of good feelings toward Earth and people.

MONROE: Ask him if he will join us again, then, and sit down for more conversations, and tell him how much we appreciate him.

EXPLORER: Oh yes, he'll be around...

MONROE: Ask him if there is any particular way that you can find him if you have to.

EXPLORER: Hm... je just laughed and... he's kind of chagrined at the nickname we have given him of *Thor*. But he sort of grudgingly accepts it and indicates that essentially calling him by name will be sufficient.

MONROE: Ask him for a better name.

EXPLORER: Hm... This is what started this whole *Thor* business to begin with... *(laughs)* ... but I'll ask him... *(pause...)* He says that'll do...

MONROE: Ask him if he would like to add another name to this; if this one he grudgingly accepts, we much prefer to have another one...

EXPLORER: Well, evidently, any name he would grudgingly accept. So he doesn't really relate very much to names. He says it really doesn't make that much difference, that *Thor* will serve. He's had it this long, he might as well let it go.

MONROE: Well, then, thank him very much for this long and very interesting and significant conversation, and tell him that we will certainly make good and constructive use of the material...

EXPLORER: He was actually pleased to have the conversation sort of renewed with him. When I went into this state I sort of thought of Thor, because I had communicated with him before and made an attempt at finding him again. It didn't come very quickly, it was like he wasn't there... and after some minutes of calling him, sure enough he popped up. I was under the impression that he was a long way's off and that he was no longer here in the immediate vicinity, symbolically speaking. But when he heard his name, he came by; and when he did come by he seemed to be very happy to see me... and I was very happy to see him, so it was like a reunion of sorts. He is very ameanable to the idea of continuing discussions.

MONROE: That will be very good, you can tell him, and that we hope to continue in the very, very near future.

EXPLORER: He had just kind of given up on us and had figured that we had forgotten him, and he didn't really expect to hear from us. It was kind of a long-lost relative calling up in the middle of the night, I guess.

MONROE: Well, tell him that we will not make it so long the next time.

EXPLORER: Okay...

MONROE: Thank him, and then begin making your return.

EXPLORER: Okay...

MONROE: Debriefing... Would you like that balancing formula, or do you feel it is necessary?

EXPLORER: No, I don't think it is necessary.

MONROE: I will try to find a recharger here...

EXPLORER: It was kind of funny the way Thor was putting words into my mouth. I was speaking but he was putting the words there. Occasionally, something would come out a little bit strange, and I wasn't sure whether it was said the way he had intended. I kind of asked him: «Is that alright?» and he would kind of pat me on the shoulder in a figurative way and say: «You're doing fine... that's the way I said it, that's the way I'd intended it, keep right on going, it's okay...» So he was encouraging.

MONROE: Do you have a visual picture of him at all?

EXPLORER: No...

MONROE: Just a presence feeling?

EXPLORER: Yeah... I suspect so... It wasn't... you know... in the absence of any shape at all I expect that kind of filled-in... something that was taller than it was wide, because that's the way people come... but there wasn't any detail... I didn't see like arms and legs, or anything like that...

MONROE: But he's definitely male, though?

EXPLORER: Yes, he's definitely male.

MONROE: 'Cause I know you used the «he» a great deal, and so I presumed that it was a male... Well, I will give you some light, but get your arms and legs going 'cause I don't have a gauge on you, so I don't know where you are...

EXPLORER: Well, the heaviness is beginning to leave pretty well. How long was that?...

END OF RECORDING

THE PATRICK EVENT

INTRODUCTION: *Here is another Explorer tape taken from the research files of the Monroe Institute of Applied Sciences. This particular episode is quite recent, and we are presenting it now at the urgent request of those who have heard it here at the Institute. It represents a first-time event for us and caught us quite by surprise. It took place during a visit with one of the non-physical friends of ROMC. Without further comment here is what took place...*

ENERGY-BEING (ROMC): We work with the energies surrounding the Earth, the energies in the air. We work with the energies of the sun and with fine energies that cannot be described in Earth terms. There are levels of energy beyond the Earth level, and the balance of the energies in the Earth level can make a difference in the nature of the transmission. If there is static, then the vibrations, the energy levels, and any area in the physical —we use the term «static»; that is when the balance is not perfect— then the transmission will not be exactly what it is meant to be. It is impossible to have a 100 percent transmission. That is why when material is sent through to the Earth level it is never a 100 percent accuracy because there are all these levels that are not in the complete balance. Also, there is a continual fluctuation in the process of energy balances.

Now, we are particularly speaking of the energy level of this entity (ROMC) who is ready to let us transmit through her. Her physical level is in an inverted process at this time, and it is a very good level for her cleansing, as she is

working in the inner healing. That is very important on the Earth level. It is a process that all physical beings should indulge in for the cleansing and regeneration of the inner selves.

The process of fasting is very important, and many of the natural beings on Earth... the animals will use the fasting process on a regular basis when their bodies become ill. They know immediately to go into the fasting process to allow the energies to invert, and to allow the inner selves to do their process of working on the energies of the internal functions.

At this time the energy process in this physical body has inverted, which means that the energies that normally are working outwardly into the universe have turned inwardly, and the inner selves are able to function in a different way. The inner selves are working in a speeded-up process, in a different manner than they usually function in. And this is why it is an important cleansing and healing effect, because it allows the major organs of the body to have a period of relaxation, with the exception of the heart and bloodflow. It allows the organs of the body to regenerate right down to the smallest cells, and the energies burst forth from each cell in a different manner within the physical body.

Normally, the energies will be sent forward. Food is the energy process that creates the flow in a different manner, which goes outward into the universe from the body. But during this process, when the food is not involved, when the energies are inverted and the cleansing takes place, it is a regeneration and a very important aspect of not only healing but of prolonging physical life.

A human or a physical body that has a regular fasting period throughout the lifetime will prolong his life by several years, because the physical body functions on its own energies, a process which works in a different way than when food energies are in the body. Also, it is important to give the organs a rest from their normal functioning so that the minute cells of the body can expand and operate in a different manner. It puts every cell in the body in an active mode in a different way.

The body itself is a living entity, and if the soul and mind will listen to the body, it will tell it many things. It is important to get into the attunement of the physical body, and this soul has tuned into this necessity and importance, and it is very helpful for us. However, we say that at this point, this very session that we had talked about will not function as we had planned, because of the nature of the energies.

We have something very special, however, that we want to do with you today. We would like to ask this dear soul to break the fast as of today, because she has performed that which is necessary at this point, and we would like to take up tomorrow that which we were going to do today —to work with *The Creation Process*. Because the energies in the *Creation Process* —we will need every aspect of energy— the inner body will have been regenerated, but we will need the energies to be... not inverted, but working out into the universe for what we need to do. We need the full aspects of energies.

However, what we will do —and this will be a very important session for us— We spoke to you of the tie-in between the Earth level of souls that have lived on the Earth and have

stepped out of the physical body. These souls are still very close to the Earth, and, in many cases, are not aware that they are no longer in the physical body. These souls need help. There are many millions of them surrounding the Earth in the feeling that they are still in their physical body. They are locked into a time zone, and therefore it is necessary to someway penetrate their time zone, to relate to them individually, to talk with them, and help them become aware that they are no longer in the physical body.

There are many different processes to take and different methods, and the sensitivity of the person working with these souls is very important, because it is a type of counselling session. It is important to help the souls become aware of the fact that they are no longer in the physical body.

The first step is to allow these souls to express themselves as to where they think they are in the time zone, to have them relate their situation and their personhood as they know it. It is then possible to talk with them and go into their reality and relate to them. Often, they will relate to you because you are in the Earth level. And since they think they are still in the Earth body, therefore you can relate to them much more clearly than anyone from our dimension, because they simply are not aware of our presence.

We send levels of light and energy continually into their thought-forms, trying to penetrate and get through to them, but often it takes someone from the Earth level to make them aware of their situation. Then they can see the light. And if they realize that they have dropped the body and have died —in Earth terms— then we can take over and take the soul onto a level where we can help them recuperate and get them

adjusted into their new vibrations, into their new situation. Therefore, if you help souls become aware of their Earth situation and help them to turn over to us, we are then able to work with them.

We can send these souls into this channel through a special light-beam, a special ray of energy. We can send a soul, a personality, into this physical body (ROMC's). It is a special process. When we work with these souls we are able to do this. Then, from the level of the Earth body, from this physical body, the soul can speak through this channel. As a result, you can speak to the soul and help it become aware of its situation. Once enlightened that they have died... sometimes you must shock them into this realization if they cling to the fact that they think they are still living in an Earth body... You must follow your intuition as to how to help them realize that they have passed on.

Each situation is different. As each personality is very unique and each person is very special, you learn through the process of working with these souls. Once they have realized that they are no longer in the physical body, then you must ask them to search. You can ask them several questions. One is, if there is anyone that they know and love that has passed on into the other side, someone that was close to them. This tie of energy is important in helping to bring them across, because if they have someone that is close to them and they know has passed on, ask them to look for them; or if they hear a voice, the voice of a loved one, or if they can see them. Also, ask them to just look around and describe what they see. We send our helpers to them. Often, they will see but they will not see. And once the revelation has been made that they have passed out of the physical body, they can then

become aware of our presence. Therefore, you have done a very great deed; you have performed a great service in helping these souls to cross the boundaries of energies, breaking into their time level of energy, and releasing them into levels outside the Earth, outside the physical. We can then take over and help the soul to work in the other levels. These souls are so locked in a time zone that they cannot reincarnate into the Earth until they have been brought back into a level and period where they must grow and learn and become aware of their freedom and the levels of their energy.

We are going to send through to you now a soul who has been lost in a time zone. We are doing this today instead of talking about the *Creation Story*, because the energies of this body are such that it will be very helpful. We will be able to work from the Earth levels because of the inverted nature of this physical body at this time. We can do this in many, many situations, but we find that the physical energies are much better today for this process, this teaching we had planned. But we ask that you resume a session as soon as possible to continue on the *Creation Story*. It is one of the most important sessions for us, and we want the energies to be just perfect for it. We therefore ask this physical being to break the fast and be prepared for this session.

Now, we are ready. Do you have any questions before we bring in the lost entity, so you can be ready to work with this soul? If you have any apprehensions, do let us know, or if you have questions where we can help prepare you a little further for this process, do then, ask the questions.

MONROE: I have one basic question and that is, in any event, you still can remove this lost soul from the physical body of this entity, is that true?

ENERGY-BEING: We are in complete control of the energies of this lost soul as far as relating this soul into this body is concerned. This physical soul (ROMC) has worked with many of these entities before and has helped to release many. She is one who has a special ability and the right energies for us to work through. Her energies are very strong and there has never been a situation or a problem because we have her surrounded of a very special light. And the energy that comes in is locked into a special energy capsule and is penetrating... we are able to penetrate it into her aura so that the soul is able to speak through her vocal cords, and the personality is able to come through. But, at any time, we are able to take this soul capsule out of her energy body. There has never been a problem and we do not anticipate one because she is of the very equal balance of energy which makes it easy for us to work in this way with the lost souls.

There are special beings on the Earth level who have the right foundations of energy. And she being an earth sign, the Capricorne —a double Capricorne— she has much strong earth elements in her, and the energies of a strong earth being is very helpful to us in being able to bring in the soul capsule to work and then to release.

There has never been a problem of a soul getting caught into this aura because we work very carefully. This is a very special process, and is part of the lesson we are showing to you. This is not a possession situation. That is a completely different situation where the soul goes into the aura of a being that has a like-attraction. But this is a different source of energy.

This being that we will bring into the consciousness level will be one that is thinking... is aware... that it is alive, but that thinks it is still in its physical body. It is not aware that it is in another physical body, and that is also another process that you can use: to ask this being to touch its physical body and see if it feels like the one it always had. Often, the soul realizes that it is a foreign body, which causes a shock to them. This shock is a good process because it helps them realize they are no longer in their physical body. And when this realization comes we take this soul out and relate to it directly. We can work with the energy levels of these souls in many ways, but we cannot usually relate to them directly because they will not perceive our presence. And that is the basis upon which we need help from the Earth level. The souls will perceive your presence because you are very close in the Earth level. Is this understandable to you?

MONROE: Yes, thank you. As you can observe, my main concern is fundamentally for this dear entity that is helping in this process.

ENERGY-BEING: We will say that there are many levels of souls that are lost. And the ones that we send through are those who are right on the verge of coming through. There are souls that are in such darkness that we would not attempt to bring them in because of their nature. It would take much more for them to come to the realization... but there are many delightful souls, beautiful personalities that are lost in the universe just from the ignorance of being locked into a special thought-form. Sometimes it comes from the trauma of the event of their death, and it is so traumatic that they are locked into the very recent fear, the fear they had just

before they entered the death process, and therefore this fear itself can lock them in. We will thus bring through only those souls that are right on the verge of enlightenment, or who are in a crying need of help. And these are the souls that we work with.

There are those, as we say, that need much help on many other levels that we work with all the time. All souls have surrounding them many, many helpers. There are many levels... and that is why no soul is really lost in the universe. There is no such thing as a lost soul. This is a concept that was created in the Earth level, that there are souls that go into a hell and will always be lost. This is strictly an Earth concept and is not the reality of the situation, because in the universe every soul has all levels of consciousness, the highest and the lowest. And those souls that seem to be lost in their lower levels are those souls that are locked into their very slow vibration.

It is therefore a matter of bringing the souls out of their slower vibrations and into other, higher levels of their own being. Therefore, those souls that are lost... there are lost souls that are living in the body and there are lost souls that are living out of the body... but there is no such thing as being lost in eternity, because there is no such thing as time. And therefore it is a continual process, working with these souls, and bringing them out of the time capsules. We work with all souls in all levels, whether they be in the body or out of the body. It is a continual process of helping them become aware of their natures... And now, we are ready, if you are ready...

MONROE: Yes, we will do our best to help...

ENERGY-BEING: Just be aware that this person will speak through this body, and do not be surprised as to what happens. Relate to this personality in the best way that you know how, just as you would speak to any personality. You have worked with these souls on many levels and you are very well prepared for this work, because you travel out and work with them quite often. In fact, you might meet a familiar soul...

MONROE: That would be very interesting...

ENERGY-BEING: We will have to shift energy patterns, and it will take a few minutes of Earth time as we bring this soul into this capsule, into this energy body.

MONROE: Thank you, we will wait...

(Entry of lost soul, Patrick O'Shaunessey, into ROMC's aura or energy body. The soul has been encapsulated in a special light beam, and therefore is able to speak through ROMC's vocal chords.)

PATRICK: It's so cold... oh, it's so cold out in this water. Oh God, it's so cold... I just seem to be floating out here. Oh, for how many days... it's so cold... I don't see any... any of my shipmates...

MONROE: But I can hear you... I can hear you...

PATRICK: Who's calling?

MONROE: This is a friend... and I can hear you...

PATRICK: Where are you? Are you floating?

MONROE: This is a friend. I am not far from you.

PATRICK: Are you floating on a log?

MONROE: I am close to you.

PATRICK: My ship went down. It went down in the night. I've been floating out here...

MONROE: Yes, and I can hear you. You can talk to me now.

PATRICK: I've been calling for help... for at least 12 hours. I've lost track of time...

MONROE: What is your name?

PATRICK: There was an explosion...

MONROE: What is your name, so I can talk to you...

PATRICK: Patrick.

MONROE: Patrick?

PATRICK: Patrick.

MONROE: Hm, hm...

PATRICK: Oh! it's so good to hear a voice...

MONROE: I'm glad, I'm glad I can talk to you, Patrick. What happened, Patrick?

PATRICK: I was in the kitchen preparing the evening meal, and all of a sudden it became very warm... and there was an explosion... and the next thing I knew I was floating... floating out in the darkness... and it was cold... and I grabbed onto a log... and I felt so very alone... I haven't been able to see any of my mates.

MONROE: That's alright... What is your address? Where was the kitchen where this happened?

PATRICK: It is in the ship that I have worked in for years, and I am from my native country of Scotland... and I have worked in the kitchen of my ship... and this is my means of making a living. I spend at least nine months of my year on the water, which is my natural habitat... but I don't like spending my time in the water, it is very cold... and I have fear of the sharks...

MONROE: Yes, I understand that... What is the name of your ship?

PATRICK: My ship?... it is the ship...*Laurabelle*. It is a small ship... and I have been fortunate to work on the *Laurabelle* for several years. We transmit lumber and other materials from Scotland across the bay... to other countries where there is need for materials.

MONROE: Where did you now just sail from? What was the name of the port?

PATRICK: The port... my mind is not clear... it seems... we sailed... out of Ireland, the last time...

MONROE: What was the name of the port that you sailed from this last voyage?

PATRICK: It seems so long ago... my mind is not clear... we sailed... it is... what year?... it is in the 1879... and we sailed from... Bar... Bay... Barbay Harbour. Barbay Harbour in Scotland.

MONROE: What is your last name, Patrick?

PATRICK: O'Shaunessey.

MONROE: O'Shaunessey... Oh, yes, that's a good name...

PATRICK: Who are you? Where are you?

MONROE: My name is Robert, and I am Scotch also...

PATRICK: Robert... I have been calling for help. How did you hear my... how did you hear *(crying)* my call...!

MONROE: It was not hard, it was not hard...

PATRICK: *(still crying)* I... I'm sorry...

MONROE: Patrick, I came to talk to you, because you called, and I came. So now you can hear me, and that is good.

PATRICK: Thank you... it's so dark out here... I'm holding onto a log but it's so cold and I don't see any of my ship-

mates, and I don't see the ship... It was dark when I hit the water... and I grabbed... I grabbed the first thing I could. I think I grabbed hold of a beam... but I called, and I called and I haven't heard anyone until I heard your voice... I... I feel happy that you've answered.

MONROE: That's fine, Patrick.... Where were you born? Where were you born in Scotland?

PATRICK: Where was I born?

MONROE: Hm, hm...

PATRICK: I was born... in a small village of Orban... Orban; a very small village.

MONROE: What was your birthdate?

PATRICK: I was born in 18... 20... 21. In 1821.

MONROE: In what part of Scotland?

PATRICK: It is in the northern part of Scotland...

MONROE: In the northern part, eh?

PATRICK: I was born in the water, ah, ah, ah!... I've been a sailor all my life, but I don't like to stay in the water this long... I must have been here overnight, at least 12 hours... and it's so cold... I really... can you help? Can you help?

MONROE: Yes... Let's see if we can get you out...

PATRICK: Where are you? I can't see you!

MONROE: Well, if you just listen to me very carefully, I believe we can get you out. Wouldn't that be nice?

PATRICK: Ah... it's so cold... it's December. Are you on a boat? Can I reach for you?

MONROE: You can reach and come to where I am and come to my friends... and one of the ways you can do this is, first of all... are your mother and father still alive?

PATRICK: Oh, no... my mother and father... they died when I was a young lad... it was quite sad because we were such a close family. I have four brothers and sisters, and we were all quite young... and to lose our parents was so... so tragic... Oh!... to see my parents again... I would call for their help... but I have not heard... I feel lost...

MONROE: Well, look around... I think if you look up... if you look up above you somewhere, and remember how they looked, and look for them, I think you may see either your mother or your father... you may hear their voice... Listen very carefully, and look up over you somewhere...

PATRICK: I barely have my head out of the water... if I could just see them... I think I've been in a coma because I've seen flashes of faces around me... but I just know that I'm still alive, and clinging to my log...

MONROE: Well, one of the things that you have to consider, now, and this is what I am here to help you do... help you find your mother and father... because you are like them, now... you are like them, now...

PATRICK: I am like them?

MONROE: Yes, you are like them, now... You have... graduated. You have grown, and you are ready to move into another place.

PATRICK: By golly! You say that I have not... I am... I am?

MONROE: You no longer need to be swimming in the water any more. You can go much beyond that, now...

PATRICK: By golly! I no longer need to hold on to the log?

MONROE: No... let go of the log...

PATRICK: I'll let go of the log and see what happens...

MONROE: Let go of the log, and see what happens...

PATRICK: I just... feel relaxed... I must have... Are you saying that... when the boat exploded... that I died?

MONROE: Yes... and it's not so bad; it's quite good as a matter of fact...

PATRICK: But... but I'm still alive!

MONROE: But... naturally you're still alive... you do not die when your physical body dies...

PATRICK: I know! I know!

MONROE: Well, you are free now... to do many, many things that you could not do before...

PATRICK: I feel so light... I've been clinging to my log, and to my life... my boat, my ship... because that is all I ever had in my lifetime... my boat, my family. I can let go of it now...

MONROE: You can let go because you're free...

PATRICK: I'm free...

MONROE: You're free...

PATRICK: I feel like I'm floating above the water...

MONROE: You can do that...

PATRICK: I feel lighter...

MONROE: You're free... beautifully, wonderfully free...

PATRICK: I see a hand... who is reaching for me...

MONROE: Let this freedom come to you...

PATRICK: ...is reaching for me... oh! by golly!... Who is reaching? Someone is reaching their hand out to me...

MONROE: And there will be light growing for you, and you will be able to see in a new way...

PATRICK: It's lighter... oh, the darkness has lifted! I have released the ship... I have released... I feel like I am floating... I'm floating above the water... I can see... Is that my mother?... My mother...?

MONROE: Yes...

PATRICK: It is my... mother! *(crying...)*

MONROE: Yes, and you can move on...

PATRICK: It's my mother!... my father!... reaching for me... *(inaudible)* I'm so happy...!

MONROE: And you can go with them, now. You're free. You're free to go with them...

PATRICK: Excuse me for crying... but I feel so happy... I don't know... who you are... but you've helped...

MONROE: I am a friend...

PATRICK: Thank you...

MONROE: And you are free, Patrick. You're very free...

PATRICK: Thank you... They are taking me and telling me I can go to them... to a place that is quite beautiful... Oh! it's good to get out of the water! and out of the darkness! Thank you.. I... I... I...

MONROE: There are many friends waiting for you. Go on and away... You're free. Goodbye, you're free...

(Breathing...)

MONROE: Reel time: 1 hour plus.

(Long pause...)

ENERGY-BEING: We say thank you for the very fine job, for what you have done is helping to release this soul that was locked into its own thought-form and fear-form. Thank you. We have been able to take this soul with the energies of its closest Earth relatives, his dearly beloved parents. There is a grand reunion taking place right now, and great light surrounding all of them. You have done a great service, not only for us but for this soul. And now, this soul has transmitted into a new level of energy and will be able to continue on from there.

This is what we have tried to describe as *thought-forms* and *fear-forms*, where souls can get locked in. However, we do not want souls that are alive in the Earth body to be afraid that they will be locked into these levels for many years of Earth time, because that fear in itself can create a fear around them. We want Earth beings that are in the Earth body to become aware of what can happen, so that they will know immediately upon the process of death they will feel the change in their physical level. It is the emotional process that does not change and is locked in the physical level.

Immediately upon transformation the physical body is in a completely different state. The energies change, because once the physical has dropped there is a much... the level if much lighter, as you understand. The mental levels are performing very much the same, even though they are also on a different level of vibration... a much more speeded-up level. But often it is the emotional level that locks the souls into the Earth plane and keeps them locked into the physical.

We say to all who would listen to this, to know that immediately upon dropping the physical body, there is a transformation, a lightness of the physical... The mind is in control

and it is always in control on the physical level. You have the same capacity, but there is a change in the density of the energies. However, because the Earth is an emotional level, often souls are locked in strictly because of the emotional...

There are times when the mental thought-forms can lock souls in because of training that is put into the mind... Certain concepts that a soul will sleep for eternity until trumpets will sound, for example... Souls who have been trained through religious thought-forms, that certain things will happen upon death, and when this thought goes into the mind and is encapsulated within the soul, upon dropping the physical body, these thought-forms can keep souls locked into a state where they think they are sleeping and waiting for trumpets to sound. We often have trouble relating to these souls because they do not hear our «trumpets». They are waiting for the trumpets to sound, but sometimes souls will wait until they get bored, and this will open their spiritual eyes. They will look around and realize that they are still alive, and that though the trumpet has not sounded they are alive and well...

Often at this stage we can begin working with the souls. We say, however, that they can be locked into emotional thought-forms and also into mental thought-forms. And this is why sometimes concepts that are put into the minds, strong concepts as to what will happen to a soul immediately upon transformation...

These thought-forms can also lock souls into the Earth level, and sometimes for many thousands of years —of Earth time, of course. As we have said, over and over, there is no time; it

is only a second of eternity. But if measured in Earth time, it seems... it can go for many, many years... Therefore, we say, to all those who would listen, not to become afraid that, once upon dying you will be locked into a level and not know that you have died. Just upon the realization of what happens to you upon the death process, that in itself is important to reveal to you.... that you lock yourself into levels, mental and emotional. In fact, many are locked into emotional, mental, and even physical confinements, even during the physical life.

You can hide yourself into your thought-forms, within your fears. You hide behind levels where you lock yourselves into tiny capsules of fear and into levels of thinking —mental concepts, whether religious concepts or other concepts— strictly without growing or learning or releasing. Often, you can be locked in throughout a physical lifetime, and also when the body drops, because it is that that keeps you locked in, whether the body is alive in the physical plane, or whether the body is alive in the spiritual or etheric plane.

It is important for you to know, friends on the Earth level, that if you are aware of the levels of your own consciousness and are aware of the ways in which you lock yourselves in... release all of the thought-forms, emotional thought-forms of anger, and the thought-forms of hostility that you hold toward others, always realizing that it is only you who suffer, because you lock yourselves into the thought-forms of anger, the thought-forms of hostility, and can harm yourself more than others. At the same time your thought-form can penetrate into the aura of those you send anger toward, or hostility toward.

Thought-forms are very powerful. They do not only stay in your level, but they float into the atmosphere and penetrate directly to that person to whom you send hostility or anger. Also, fear-forms can penetrate to others. When you send these thought-forms filled with anger and resentment —and there are souls who carry resentment in these capsules within them for many years of Earth time— you must break into these levels and release any resentment from past. Often, souls will carry these capsules of resentment and hostility for several lifetimes. It is therefore important to break into these and to release them. If they are broken, do not release them to others, release them from within and surround them with the light of your higher being.

The higher levels of love are the levels of energy and light that can help to penetrate into these thought-forms, and each soul has within them the capacity, the higher energies of love. Souls have within them these most intense levels, but until they release some of the energies of the thought-forms of hostility, they cannot penetrate into the levels of love, which is a level of energy that is within all levels of life. It is the pure form of energy. That is what *love* is. It is the pure form of energy that recognizes itself within all levels of life, in all levels or energy. It is the highest level of energy within every life form. And this is the essence of love. It is that which recognizes itself the highest level of energy.

Ask for this energy. Those who want to have the thought-forms —emotional fears and hostilities, and that which can lock them to their lower selves, to have this penetrated— ask for help. Within each cry of help there is always an answer. There are many, many life forms —the higher levels— that

immediately come to the help. Ask and you shall receive. This is a universal law. There are many «angels» so to speak, whatever term you would use... there are helpers in the universe waiting to help you to be released into your higher selves. And this is why we are showing and demonstrating how the thought-forms, emotional thought-forms of fear, emotional thought-forms of hostility and resentment, how souls lock themselves in... and the light cannot always penetrate.

Often, there are just little areas hidden back in the dusty corners of the soul, where the soul will release some and say: «But I can not forgive this. I cannot forgive...» But you must forgive. And the forgiveness must come from within each soul. It is something that locks the being down, a soul down. If you do not forgive, and forget (!) and release the energies, and let the higher love energies which are a part of all souls, all energies in the universe... Release and receive the realization, the higher freedom of being, being in the higher form of life.

MONROE: Thank you very much. We will remember and pass along this very, very important event...

END OF RECORDING

THE STORY OF CREATION

Energy-being communicating
through Explorer ROMC:

The Creation Story. In the Beginning, the Creator created. And there was Creation. And how did it all take place?... In the Beginning, God sneezed. And the molecules in the Breath of God became material universes. And God breathed a deep sigh; and when God breathes in, the material universes —the Breath of God, the Breath of Creation— dissolve back into their original source. *The End.*

What does this mean? This means that there is the Creator, the Created, the Creation. The Creator is the Created and the Creation. **All is one and one is all.** There is no Beginning and there is no End. The Created can only perceive the Beginning and the End until the Created becomes the Creator and realizes the nature of its very essence. And the Created knows that there is no Beginning and there is no End. There is only *is*. The very Breath of God, the Original Energy, *is* and always *will be*.

(Long pause...)

I would like to continue this lesson. We would like for you to take in your hand a piece of white paper. We will wait until you have this in your hand. Please tell us when you are ready.

MONROE: I have it in my hand.

ENERGY-BEING: Thank you. Could you describe to us what you have in your hand.

MONROE: I have what you would call a rectangle, and I am holding it with my left hand... a white piece of paper with a very faint pattern in it...

ENERGY-BEING: And now, turn the paper over and describe the other side.

MONROE: This particular piece of paper has words written on the other side.

ENERGY-BEING: Now we ask, from whence did the paper come?

MONROE: The paper is a piece of our material technology which came originally from a certain type of tree...

ENERGY-BEING: Who created the tree?

MONROE: The tree was created by growing from a seedling in a nutritious environment of earth soil, earth air or atmosphere from which it drew nutrients...

ENERGY-BEING: And what created the seedling?

MONROE: The seedling came from another tree like the tree that created this, and so on in sequence, backwards in what we call time...

ENERGY-BEING: And the lines on the paper on the second side, who created this?

MONROE: The lines were created by a machine which in turn was operated by fingers which in turn were operated by a human mind. And words came from that human mind.

ENERGY-BEING: And what created the human and the human mind?

MONROE: This is where we begin to ask questions... What did create the human mind..? Who operates the human mind? What is beyond the human mind that operates the human mind?

ENERGY-BEING: Ok, friend, you will admit that you are created is that not so?

MONROE: This, I very much concur with.

ENERGY-BEING: Now, I would like for you to divide the paper.

MONROE: However I so desire to divide the paper?

ENERGY-BEING: Divide in however way you decide, but divide it into two forms. Hold one in one hand, and one in the other.

MONROE: Yes, I have one in one hand and one in the other.

ENERGY-BEING: And what have you done?

MONROE: I have divided the paper into two pieces, and it is now separate and apart —physically that is.

ENERGY-BEING: And would you say that you have created two pieces of paper?

MONROE: No, I would not say that I have created two pieces of paper. They may well be two separate pieces, but to me, they are still two parts of a single piece of paper.

ENERGY-BEING: Yes, dear friend, it is one and the same. **All is one and one is all.** The original is the Creator. The Creation is the original which comes from the Creator. Therefore, you are created, but at the same time you are the Creator. It is one and the same. **All is one and one is all** in the universe. Do you understand in essence this concept?

MONROE: Philosophically, yes, I can perceive the cyclic or wave form of it.

ENERGY-BEING: Now, dear friend, take one sheet of paper and put it behind you, out of your view.

MONROE: Yes, I have done so.

ENERGY-BEING: Now, describe what you see in relation to the paper.

MONROE: I see... or perceive the paper is behind me where I have put it behind me.

ENERGY-BEING: You have one that you can see.

MONROE: Yes, that is correct.

ENERGY-BEING: Now, feel the paper. Describe how it feels.

MONROE: It has a smoothness, a thinness, and yet, there is a texture to it, meaning it is not absolutely smooth...

because when I run my fingers across it I can feel that it is not perfectly smooth. It is flexible, I can bend it.

ENERGY-BEING: Now, smell the paper and describe what you smell.

MONROE: I have done so and it has a smell that we associate with paper. A slightly chemical smell, a slightly wood smell.

ENERGY-BEING: Now, listen to the paper. What can you hear?

MONROE: I hear what you could call —as we bend it— I hear what we call a crackling, which is a change of stresses within the paper as it is bent...

ENERGY-BEING: Make it so that you can hear.

MONROE: By bending it?

ENERGY-BEING: By whichever way that you desire. However you so choose to hear the paper.

MONROE: By making it into a cylinder and moving the edge of the overlap of the cylinder against the other I get what is a hollow that is somewhat peculiar to paper.

ENERGY-BEING: And so, friend, with your five senses you experience this creation... Is that not so?

MONROE: Yes...

ENERGY-BEING: And now, we ask, how do you perceive the paper that is out of your sight?

MONROE: I perceive it lying on the floor behind me, flat, inert, without motion, without sound. But as I perceive it, it is the same shape and the same whiteness.

ENERGY-BEING: You perceive this with the five senses?

MONROE: I perceive this with my mind as I direct my mind to perceive it. It creates the picture of this paper lying on the floor behind me, out of my physical vision.

ENERGY-BEING: And you know that the paper is there?

MONROE: That is correct.

ENERGY-BEING: You know but you cannot perceive with the five senses...

MONROE: Yes.

ENERGY-BEING: Therefore, through the mind there is that *knowing level*, is that not so?

MONROE: Yes, that is true.

ENERGY-BEING: Now, dear friend, you experience the Creation through the five senses. You experience the Creation through the mind and dimensions of the mind, and that level within the mind, that *knowing level*. Is that not so?

MONROE: Yes.

ENERGY-BEING: Now, dear friend, from whence was the Monroe Institute created? Where did it originate?

MONROE: This is the only place I know of that it originated, that is, from the same source of my own mind...

ENERGY-BEING: Yes, then, you are the creator. Is that not so?

MONROE: I am not sure that I am the total creator in this respect.

ENERGY-BEING: Of the original concept...

MONROE: Even the original concept, I do not feel positive or know that such creation was my own entire concept, that it did not originate beyond me.

ENERGY-BEING: It was perceived in the mind, is that not so?

MONROE: That is true.

ENERGY-BEING: And therefore, that was Stage One of the Creation. Even though, as you say, there are many dimensions in the process of creation. And therefore, that which can be seen, felt, touched, smelled and experienced, is in a second stage, a physical stage within your universe outside of yourself. Is that not so?

MONROE: Yes, that is so.

ENERGY-BEING: Therefore, there is the creation from the mind, and there is the Creation. You were the original creator from the mind and you created the Institute. Therefore, again, there is the Creator and the Creator... is that not so?

MONROE: Yes, that is correct.

ENERGY-BEING: Now, let us take this a step further... You were created... How do you know that you are created?

MONROE: If I follow that method by which we are trained: I exist, I am here. I am here physically, I think, I act, I perform. Therefore I exist, *I am*. I either created myself or I was created.

ENERGY-BEING: You know that you *are*.

MONROE: That is correct, *I am*.

ENERGY-BEING: You, then, are the Created —the Second Stage of the Creation. You came from an original source. Is that not so?

MONROE: If I use the consciousness of this time/space I must presume that. The consciousness of the average human does not know this. He may believe, but he does not know.

ENERGY-BEING: What will happen to your creation, then, that which is your physical being?

MONROE: It will eventually have served a period of activity and eventually decay and return to its original elements.

ENERGY-BEING: Do all beings know this?

MONROE: I presume that all totally... or conscious beings know that this does take place. Whether an animal or a plant knows this I do not know.

ENERGY-BEING: What happens to everything in the physical dimension?

MONROE: Everything in the physical dimension —again, by the standards of our culture— resumes and goes back to its origins. It eventually returns to the chemicals, to the minerals, which it originated.

ENERGY-BEING: Therefore, **All is one and one is all.** Is that not so?

MONROE: In that respect, it is indeed so.

ENERGY-BEING: All is the Creation, All is the Creator, All is the Created. Is that not so?

MONROE: In terms of physical matter, the cycle has been well observed, that that which is created eventually returns to the source in which it was created.

ENERGY-BEING: And what is the Beginning and what is the End?

MONROE: The Beginning is where some pattern is set, and that pattern assembles certain elements, minerals and organizes them into some form or structure. That structure grows, expands, and in physical life —animisms— reproduces, and, of itself, returns to its source.

ENERGY-BEING: And that is the End.

MONROE: That is the end of that particular mechanism in terms of a structure...

ENERGY-BEING: What would the Beginning and End be in Earth terms?

MONROE: Germination, gestation, birth, growth, maturity, decline and death.

ENERGY-BEING: And this is how the mind of Man perceives of the Beginning and perceives of the End, is that not so?

MONROE: This is as Man generally perceives it, yes.

ENERGY-BEING: Therefore, what is Beginning and End?

MONROE: Conception and death, in these terms.

ENERGY-BEING: And it is the perception of the mind of Man, is that not so?

MONROE: This is the perception, yes. This is how the mind of Man perceives it.

ENERGY-BEING: Therefore, Beginning and End is in the Second Dimension, not of the original form. It is a perception by Man, and therefore a creation. The Beginning and the End is the creation of the mind of Man, is that not so?

MONROE: Yes, this is true, based on his observations of the natural events that take place in time/space in the Earth plane, as he sees them and perceives them with his five senses.

ENERGY-BEING: Therefore, there is a Beginning and End in the perception in Man's mind, is that not so?

MONROE: That is right.

ENERGY-BEING: Therefore, there is no Beginning and no End, is that not so?

MONROE: In terms of Man's perception, he sees a Beginning and end, but the mind itself... we have another question...

ENERGY-BEING: In the Beginning, God sneezed. And the Breath of God became a material universe. In the End, God breathed a sigh, and when God breathed in, that which *was* returned to its source. And that which *is*, and that which *was* is all one and the same.

The Original is the Beginning and the End as it is experienced in the five senses... The Original is the Creation as Man knows it through his mind and through his experience. The Beginning and the End is one and the same.

As the Original, there is only one force in the universe; there is only one energy in the universe. And when this energy is divided, just as this paper is divided, it is still one and the same —the same base, the same origin. It is one and it is two. And it is one paper in form; it is divided and it is one in its substance.

There is in the universe one basis: The Creator, the Created, the Creation. **All is one and one is all.** The Earth *is*. It is a form. It was created and it *is* and always *will be*, even though it will not always be perceived in the physical level. The physical level of the Earth is perceived by the human senses, by the human mind. The physical level will transform. It will transform into another level... It is now perceived to be

physical. The physical universe was created, but it *is* and always *will be*. It will change its form from the physical and go into another dimension. But it is and always will be one and the same in its very essence. This is the basis of Creation. **All is one and one is all.** Is this understandable to the human mind?

MONROE: By inference to **All is one and one is all**, then I am both Creator and Created...

ENERGY-BEING: That is so.

MONROE: If this is so, then, I therefore am a part of the Creator, of all that is, if **All is one and one is all...?**

ENERGY-BEING: That is so.

MONROE: And if this be so, therefore I, as a creator, may upon my own discretion or desire create however I so desire. Is that true?

ENERGY-BEING: You have the ability to create as you are the Creator. The choice is there.

MONROE: Therefore, if I am the Creator, how did I create myself originally?

ENERGY-BEING: That is the very essence of this lesson. **All is one and one is all.** You were created and you became a creator, and you in turn create. And in turn there is another creation. There are many levels of creation. You did not create yourself; you were created to become a creator. **All is one and one is all** in the universe. And the energies are

one and the same. You did not have to create yourself. You were created in the image of the original Creator, and you become a creator; you become created. But with the same created processes that are in the very essence of the Creator and the Creation, you become the Creator. Is this, then, understood?

MONROE: I follow it with one form of my consciousness and say, therefore, that when I was created by the original Creator, who, then, was the original Creator?

ENERGY-BEING: There is only one energy in the universe. **All is one and one is all.** It is an energy not understandable to the mind of Man. Man creates a Creator in human form. Man creates his Creator in his image. We create our Creator, but we are created by a Creator. Therefore, the Creator is not the creation of our image because our image of the Creator limits the Creator. We limit ourselves, and therefore we also limit our concepts of the Creator. There are no limitations on the Creator. The limitations of the universes are only those that we put upon it. We create the Creator in our mind, and it is not possible to create the Creator. Do you understand this concept?

MONROE: Yes, I can perceive this. Is there any way for Man to increase his ability to perceive the Creator?

ENERGY-BEING: When the Creator —you the Creator— understand the limitlessness of your nature, you will understand the limitlessness of Creation. All the limits that the Creator on the physical level has are the limits that are put upon themselves. The limits are put there through the physical nature of the five senses and the mind. And when you, the Created and

the Creator, understand the limitlessness of your nature, by going beyond the levels of the limitations of the mind and living in the *knowing level* —the levels of inner dimension— then the human creator begins to perceive the universe in a different way: in the *timeless level*.

When you perceive in the time level, you perceive that there is a Beginning and an End. But when you live in that *knowing level* of your nature, you perceive in a different form. You perceive in levels where you know and you experience in different levels of *knowing*, knowing that you *are*, that you always *were*, and that you *will always be*. And therefore, you are one and the same. **All is one and one is all.** And this is the essence of the *Creation Story* as we are teaching it to you... However, we do not have to teach. All beings know. It is within their very nature. To *know* is opening up and beyond the five senses and the mind, opening up into levels beyond the physical realm. Is this understandable, friend?

MONROE: Yes, friend, it is understandable and, of course, you are aware that this is the very process that we at the Institute here are attempting to do. How can we improve this process?

ENERGY-BEING: You, dear friend, are the Creator. And as your creative processes continue to function in their fullest, there is continual movement in the process of your own creative universe. There is a movement in energies. When energies are blocked in your creative universe, then the flow is not as it should be. When your own creative universe is creating at its highest level, you perceive and you receive continual inspiration as to what and how and where the creative process will go in your Institute. And as you open up into your higher

knowing level, you will listen not only to your own attunement but to that of the *knowing levels* of others. You are doing as you should be doing, following your creative process and you must continue to follow this creative process.

As you ask for improvement, how can we improve?... Listen to that inner attunement, that inner level of creativity which continually flows and is on a continual movement. **There is only one energy in the universe.** And as the energy is operating and functioning at its highest level and density, there will always be profound creativity taking place within your mind and within your soul. **Creativity is the very essence of the human being**, the human Creator. You are the Creator.

The great excitement of being a creator is that there is creativity taking place. There is nothing that is stagnant in your universe if you will not allow it to be stagnant. Each soul must see and experience life as a creative process, as an excitement of continual understanding, of knowing, of growing and creating. It is important that each individual, each universe, each creator, goes with its own flow. Each being is a universe in itself, a creator, a created and creative being. And it is important for each individual universe to follow the very essence of its own flow. This is very important in the whole creative process within the universe: that each soul gets in touch with the very base of its own creativity. You do not follow the creative level of another being. You can receive inspiration, you can receive knowledge from others, from creativity that you see taking place around you, but you must experience your own nature, your own creative nature of being, and growing, and becoming. **Being and becoming is the very essence of the nature of Man:** to be that which you really are. You are the Created and you are the Creator. One and the same, in the timeless universe.

MONROE: Hm, hm... our problem is how to convey this to others so that they can understand this. This is our greatest problem.

ENERGY-BEING: It is not a problem because you are working on the solution. As you bring others into the inner depth of their being, you help others to go within their inner universe, to get in touch with their own creative levels. Therefore, it is not a problem, in that you are bringing a solution and helping many others to open up into their own level. Therefore, know that your creativity is helping the creativity of others.

MONROE: We will keep trying, then... That is the best statement I can make at this moment. And I thank you for re-enforcing the base from which we try to *be*.

ENERGY-BEING: We thank you, friend.

MONROE: The final question is how far can we take this creativity? Can we use this creativity to manipulate matter as we know it?

ENERGY-BEING: There are no limitations in the universe. The creativity level is also a timeless level. If you ask this question of your being you will receive an answer.

MONROE: Very good... so we then have the answer to how Creation began... it began with a sneeze... and ends with a sigh, is that correct?

ENERGY-BEING: This is a concept in human terms, an illustration that the human mind can perceive. WE can also put it

in a humourous concept, because the humour of the human nature is also very important.

MONROE: Yes, I appreciate that very much and very deeply... and... humour has its own value...

ENERGY-BEING: We could also say that God laughed and the universe was created. And when he breathed in all that was created came back to its original source. It is one and the same.

MONROE: *(chuckling)* Yes... The End!

ENERGY-BEING: Thank you, dear friend...

MONROE: *(still laughing)* Thank you, my friend... very, very human, as we put it...

ENERGY-BEING: And we shall step aside and appreciate the chance to speak with you. We are all teachers, and we are all learners. We are one and the same. We teach and we learn. You teach and you learn, we teach and we learn. All is one and one is all in the universe. Thank you, friend...

MONROE: Thank you, and I will surely share this with many people... many humans...

END OF RECORDING

«MESSAGES»

—FAITH, LOVE AND FEAR

INTRODUCTION: Welcome to another Explorer Tape taken from material obtained through researches into consciousness here at the Institute. We are making our statements somewhat differently this time because what we have for you is different.

We have taken information that has come through our Explorer we call NVP, and we have given it another voice in another setting. However we have left unchanged the words themselves. Without further comment, we would like to share the effect with you. Here it is:

Sound of ocean surf and light music.

VOICE OF MR. MONROE: «Messages»...

Blessed are they who seek Me. In seeking Me their long period of forgetfulness is coming to an end, and they are awakening to who they truly are —a living part of Me. Manifesting light and radiating love.

There is much to do. There is much to learn. There is much strength to be gathered. Be aware that all is life. All life is one. You are within one. And you must feel the constant presence of the One who *is*. Feel My feeling. Know with My knowing. Bless all creatures with the love we have shared from the beginning.

You have forgotten to look for Me... much less to gaze upon My countenance. Oh, ye of little faith. There are countless numbers living in the expectancy of My coming. In truth, I never left.. Let him who hav' ears to hear, let him hear... now. You seek Me amidst your blindness. You look upon Me without recognition. You touch My Hand and know not whom you have touched. You proclaim My Name and my teachings as it suits you, and the occasion. You were taught years ago to search the Scriptures and learn of Me. You were also told that in the reading of the Scriptures you must go deep. In the depts you will find your draft to fishes. Awaken. Behold the reality of My Being that is among you.

I am the Earthquake, Wind and Fire. I am the still small Voice pearcing the thunderous tumult. I am the Peace beyond all understanding. I am the Light that guides all men to the Father. I am the Love that overcometh all things. I am the Light that illumines the minds of men. I am the Sustenance of Man's soul. I am your life and you are My own. I am the very breath that you breathe. We are *one* in the Father. Do not despair. I will never leave thee nor forsake thee. Nor can you truly forsake Me; for We are truly *one*.

Let the old way be gone. It must die and its ashes be blown to the four corners of the Earth. The new is emerging. But you must change your perspective. Do not look for Me in the form of a man. The time is not yet. But look for Me in the life that speaks to you in your everyday activities. You have looked amiss. I have no limitations and am not bound by physical dimensions. I defy logic and am beyond your conceptual imaginings. I live and move and have My Being in *all there is*. You have sought Me amiss. My countenance is seen within each face of My Father's Creation. Look upon

your brother and see My Face. Then, bend over a steel pool. Do not be deceived. The image you see reflected is My own. Do you not see the truth, now?

ON FEAR

FEAR is an acid that erodes the total man.
FEAR deters growth of all kinds.
FEAR reduces the giant man into a pygmee.
FEAR clouds reason and darkens the soul.
FEAR has no power to protect itself, but invites the enemy —one's own perverse thoughts.
FEAR is a parasite, feeding upon the energy of its host.
FEAR engenders fear and becomes the cause of many illnesses.
FEAR is of the world and has no place in the higher reality.
FEAR thoughts are not to be trusted, for they are already distorsions of truth.

Live in the realization of Us: Light. We dispell all darkness, even the shadowy places. Man does not walk alone. His self-made fear convinces him that he is a solitary creature. This is only true if he wills it so. You suffer unnecessarily, for We surround you and uphold you. Listen... your instructions are ever present, only awaiting your receptivity. Fear cloggs the channels. Fear is a form of self-preoccupation and limits you to your lower self.

ON BELIEVING

We speak of the higher octave, the more refined network where data is more easily transmitted. Only the strong will survive, and you are being prepared. Call upon Us, believing. Do you

not understand why the word *believing* was and is used in connection with prayer? To *believe* emits a strong type of vibration that literaly rearranges the atoms in the thought universe, converting it to greater forms of energy that is directed to become its own fulfillment. *Believing* is an emotion, an energy; a trusting and an acceptance. Ask and ye shall receive.

Believing. Seek and ye shall find. Expecting. Knock and it shall be open unto you. Believe, expect, and act upon your belief. Give thanks in all things. Look for Us amidst your joys and your pains, your fears and your triumphs. We are where you are. Where life is. For We are *one* with all things, with *all there is*, and you are *one* with Us. Believing is the key. It will open your consciousness to the realization of Our presence. Together, We can overcome all fear.

Speak oft with thy Lord. This means nothing more than a moment-by-moment awareness of My presence within you. Take My Hand. My strength is yours. My love will be your love, bringing purity to your mission, for My understanding and My compassion will be channelled through you as We prepare the way. I have led you before, but now I say recognize Me and become a child of the Living God.

Man has been blind long enough. The New Day is upon you. The scales will fall from your eyes. You will recognize Me more and more as you move through your days, beholding those about you with a new vision and understanding as to who they truly are, as well as the mission of Mine they are trying to accomplish to the best of their abilities. Once you begin to perceive Me as the real essence of life, within those whom you encounter along the way, you will

then understand the emergence of the New Heaven and the New Earth. It is upon you. Awaken. Ye who truly seeks Me shall surely find Me. Go in peace.

Learn of Me. Take within your hand a leaf, a stone, a drop of water and know that nothing exists that does not contain Me. Have you not known that I am Eternal Life? And therefore recognize neither the past, present nor future. Only the *now* that *is*. Live in the *now* with Me.

You must live daily in a state of receptivity. Your awareness sharpened, that you hear My Voice. Listen for Me and then listen to Me. For I am there. My Light rests upon you. Reflect it to your fellow man in My behalf. Perceive Me in the Sea of Moments through which you move through all the days. Listen for My Voice upon the Winds of Time and you will now know I am forever with you. And there is nothing to fear. Blessed are they who seek Me. For they have found Me.

Lo I stand in the midst of you. I am the very center of your being. You have only to grow quiet and listen. To know that I am here. Your physical senses find difficulty in placing Me. Your mind demands scientific answers. If the soul itself cannot be located or X-rayed, then its existence is not only questioned, but in many cases, rejected. You must surely understand the even greater difficulty one would face if he were to try to explain My presence with him. Do not doubt the light that is with you.

I and the Light are *one*. From this light you will be shown the way. Your involvement with Me cannot be fruitious if it is only an intellectual acceptance. Strong emotional impulses must be generated within you, motivated by your own deep felt

desire to communicate with Me. This emotional welling forth will bring about your inner sense of recognition of My presence. Then you can accept Me as a living part of you. Learn then to sustain you awareness of Me in the joy of your discovery. In your joy will come a total knowing, a knowing and interflow of peace and confidence that will sustain you all the days of your life.

ON LOVE

What's in a word? Especially *love?* The very word is tired. It is not the word we are interested in, but what it represents. Very few in your world know what the word *love* means, or have ever experienced this condition. Some have had glimpses, which in truth would affect the quality of their emotion you now call *love*. But you have not even begun to know the true essence of *love*. The difference between Man's understanding of *love* and the knowledge of the true essence of god-like energy expressing itself in full is comparable with a candle in the sun. Some of you have had moments of exquisite agony as you have tapped this stream wherein flows this god-energy expression. Once you have known this ecstasy, you seek always to duplicate it.

Do not be fooled. You do not love in the true sense. You are merely fond of it. For this is the emotion commonly accepted as being the basis of love affairs as well as the ingredient that holds families together. Man has stopped too soon. He has convinced himself that what he calls *love* is sufficient. He is a child, ignorant of the greater consciousness. In simplest form, Man must not only love as he understands *love*, but learn to intensify it a millionfold, thereby moving into the god-energy expressing itself as pure, divine love-light.

Is it not true that, as a result of your own infrequent surges of your own love-energy, revealed no more than a split second, you react inwardly in a profound ecstasy, moved to such a degree that it defies expression? Man says there are different kinds of love. I say there is only one love. This divine love-energy cannot be profaned. You ask why Man has missed his mark and failed so miserably in not only his understanding but also in his use of this condition of being in the love state. So far in Man's evolution he has grown complacent with what he feels is a workable solution in developing part of his nature. To love is a balance to all of his negative characteristics. At least Man has made a step in the right direction. But he is a mere babe at the crawling stage in his capacity to truly love. The babe who crawls does not know what it is to walk, much less than to run of to fly.

Man does not know his potential to love. Until Man opens himself to the absolute sweeping power of dynamic god-energy —compassionate, health-giving, understanding and tolerant in every way— he will remain in his illusion that he is a practitioner of the thing he calls *love*. This god-energy expressing itself is the very essence of the New Heaven and the New Earth, and one's eligibility is based upon his perception of, use of, and attunement to, this rarified energy. The glimpses you may have had are only reminders; for you know already. It is a matter of raising your consciousness and learning to sustain that state. If you will hold longer and longer periods in this glorified state, you will find your little self melting away, and a sense of true sonship coming upon you.

You can only express love in its truest sense by *becoming love*. The old pattern must be broken. You must die to your lesser self that you may reach out and accept your true identity as a living expression of the Love of God. Prepare yourselves to move away from the old, and become the new. The New Love.

I am here to show you that your light and My light are *one and the same*. Once you recognize this divine light to be a part of *all that is* you will begin to understand your own relationship to life, to your Creator, and thereby, to your own Sonship Eternal.

I neither slumber nor sleep. And you must learn that your soul neither slumbers nor sleeps. Once you realize this, you are aware of your spiritual vitality and wakefulness to your higher consciousness. In so knowing, you will understand that I am truly closer than your hands and your feet. In this knowing, in this knowledge, *we are one*.

Live in truth. Be truth. Live in beauty. Become an artist in living. Live in Me. And let Me express you. I reside in all space and no space; all time and no time. Once you turn and become a part of My reality, all power is restored on to you. This is the power that makes you *one with all things*. This is the power that will set you free. My children, abide in Me.

—COMMENTS ON EARLY CREATION AND EARTH CHANGES

—CONCEPT OF GOOD AND EVIL

INTRODUCTION: Here again is another Explorer Tape taken from the recording files of the Monroe Institute. This particular tape is important for us for several reasons. First, the time. This report or communication took place in January 1981. Second, a change. In 8 years working with this particular member of our Explorer team, whom we code MJL, she moved into a different state of consciousness, far different from any she had previously achieved. Finally, the quality of the Explorer herself. We obviously know her well. With her doctorate in psychology she has been in clinical and private practice for over twenty years. Keep all of these in mind and listen... MJL, isolated in the darkened CHEC unit is somewhere past Focus 15[2].*

EXPLORER (MJL): Hanz and I walked up a path... after we greeted each other... a very, very steep path... to the top of a very high mountain... the top of the world... Now, we are just sitting... looking down at all the other mountains.

MONROE: How is he?

EXPLORER: He's fine. He was so glad to see me.

MONROE: Very good...

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* Controlled Holistic Environmental Chamber.

[2] Focus 15 is a state of consciousness in the timeless level.

EXPLORER: We're just sitting here, looking down...

MONROE: Ask Hanz if he would like to answer some questions we have thought up for him...

EXPLORER: He says «Fine».

MONROE: Ask him what it's like to be where he is. What is his existence like?

EXPLORER: He says that mostly it's a comfortable feeling, in the sense of what would feel a human who was in tune with his surroundings. Feelings are different for him because he has no body sensations in the same fashion human beings have feelings. But it is on a continuum so that there is some similarity.

He does not have the words that clearly distinguish... For example, he may speak of frustration, because our understanding of what frustration is would best describe what he is experiencing at a given time. Or he might use a word such as «balanced», which would mean his experience of his existence corresponds to what we mean when we say «balanced». So with this preface Hanz says there is a part of his existence that becomes somewhat difficult when he has charges whom he cannot reach because they are too busy and cludded. But when he's able to break through and have some measure of connection with those persons whom he is working for and with, then his existence seems to flow.

He says he has a purpose and a meaningful participation in the whole of existence in a similar way to the human participation and that he is in a different plane, a different

rung of the ladder, so to speak. But it is still a continuum. He's asking whether there is something more specific we want him to respond to.

MONROE: Yes, and thank him for that participation. He mentioned the question of frustration... does he experience emotion?

EXPLORER: He says he does not experience emotion in the same way that humans experience emotion. But he was a human and he has a memory, so that when the various experiences react within him, it is like tuning into a memory bank.

There is a reflection... like a reflection of an emotion. He says we must remember that emotions are tied in with the physical body, but the mental body as a reflection of the emotion. He has those reflections that come like waves, so he can recognize there is a different state, that it is not attached to him in the same way that our emotions are attached to us.

MONROE: Then, his emotions... he acts upon reflections? Or does emotion, that reflection, in any way cause him to act or perform in a certain way, such as it often does with us humans?

EXPLORER: He says they serve as a motivating energy. So, yes, in a way, they cause him to act somewhat differently, but also to remember in more detached manner. It's like he feels a nudging, a mental pushing, an extra awareness of a need to move this way or that way in his work. Do you understand?

MONROE: Yes, I see what he means. Does he in turn carry with him, as he is now, all of the memory when he was human? Is it recallable to him at will?

EXPLORER: Yes, but it is not interfering, in the sense that, yes, he can recall, if it is appropriate, but it does not hang about, so to speak; it does not clutter, interfere.

MONROE: Yes, very good... He used the term «charges» and «getting in touch with his charges». This infers that he is charged with making such communication. How did he obtain such charges?

EXPLORER: He says at his level of development he is part of a plan team that assumes responsibility for certain spiritual improvements, that it is as if these team members are responsible for the spiritual development of a certain segment of humans. And also, they have responsibilities toward other entities who are not human, but who are not developed to their level.

MONROE: How did he join this team? How did he come to be a member of it?

EXPLORER: He rather laughs and says: «We have been buddies for centuries. We have been in the world together and we have been in the nothingness together. We are one, truly one. I mean by that we are a part of the Greater One, but more closely a part of one another. When the Great Movement took place, the great splitting off of the parts, we were one and we divided into our present individual parts.»

MONROE: Then I find it very intriguing to ask what he means by «when the Great Movement took place».

EXPLORER: He says we were all one body of energy. We contained all of the planets, all of life. He does not know the precipitation, but he knows there was a breaking off of the sun, and the moon, and the planets. And he for a while was a part of the sun energy.

There was not always an individual consciousness, in the sense of an understanding and intelligence, although the great universal intelligence always existed. Then, mental processes as we know them today developed when it was necessary for them to be... in terms of a system, in terms of an organized, structured pattern. All he is sure of is that each particle of matter is important and each particle has its place and its duty or responsibility. Each reacts on the other. And he recalls a time when this particular combination of energy matter seemed to exist in a separate kind of space as a unit that could think and reason, and that at the time when humans were developed, this entity split again into five different parts. These subsequently have become what he earlier referred to as a *team*. As they split apart they developed different attributes.

MONROE: Did they stay in communication with each other?

EXPLORER: Yes, but not always in direct communication. When they were human beings, when they were inhabiting human bodies... They had only a slight amount of communication in a direct form.

MONROE: I see... that is very interesting. Then, did they all inhabit human bodies at the same period of time as we know time?

EXPLORER: Some experiences have been thus. Some have been experiences in which one or others of the team would inhabit a human body.

MONROE: Is any member of the team inhabiting a human body at this point in our time?

EXPLORER: This is very interesting... It is as if Hanz has turned his back on that question...

MONROE: Alright...

EXPLORER: An impression came of: «Yes, no, yes, no.» I questioned him again and he says it is not for you to know.

MONROE: Very good. That is important, and we will not push the question... Another thing that he mentioned was that they were responsible for non-human entities. When he says that, what is he speaking of?

EXPLORER: Entities that have left the human body but are not yet self-sufficient and self-directed on another plane. He says the concept in the church called «Purgatory» is something like he refers to, although other kinds of concepts connected with guilt and punishment are incorrect.

MONROE: Then these non-humans have been at one time inhabiting a human body?

EXPLORER: These particular non-humans have been in bodies but he says there are energy forms that have not been a part of human or animal or plant life as we know it.

MONROE: Do they have intelligence, such as humans purportedly have?

EXPLORER: These entities are split-off parts of the greater whole of energy, and if it were needed, for the balance of the system for these entities to develop, or all qualities of a system as we know it, the seeds are there.

MONROE: Can he communicate with such if he so desired, now?

EXPLORER: He says it is possible but in their plane persons are single-mindedly attentive to their own responsibilities, and this is out of the area of his and his team's responsibility.

MONROE: Very good. If he were to... in what direction does he try to help his charges move? What pattern does he try to help them form?

EXPLORER: He says that he must begin by helping each to understand emotionally as well as mentally the place where the individual is at the present moment. Then, he helps the person begin to appreciate the things of this world and this life, and to feel a stewardship for his body and his environment, and then to be ready to let go of any attachment.

The attachments are the major problem, the major blocks to spirituality. Even the attachments to what we call *religion* and *religious practice* is a stumbling block to spirituality.

Once he is able to help the individual to let go of attachments, there is only bliss and joy, and harmony.

MONROE: How does he help his charges do this?

EXPLORER: He has a way of becoming one with those individuals at times, so that a flash will seem to go through the mind, the understanding, a flash of an idea, or a tendency to follow a path or a pattern. In other words, he uses of what is available in the world: people, situations, and emotions.

There is a myriad of ways in which he works. But mainly, it is in the process of identification with the entity. This is done only very briefly, however, so that as the entity develops, it will begin to know that this kind of inspiration comes. And the inspiration is at the moment of identification.

MONROE: That's very good. Is there any relation to his communication during the period of what we call *sleep*?

EXPLORER: He says there are many times when he can communicate directly during sleep. It is a different form of communication, that there is a type of dream state in which the entity with whom he works —such as myself— moves more into an understanding of Hanz' existence, and moves with him to work in another plane. This work in another plane then reflects on the work that is being done on the Earth plane, so that it is a cooperative venture.

MONROE: We would like also, if I may interject, to more fully understand why we need to sleep. What is the purpose of the sleep we humans do?

EXPLORER: He says the purpose, from the universal standpoint, is to maintain the connection; to maintain this co-operation between entities at different levels of development and on different planes. But there is also a purpose in terms of the physical body; a purpose for releasing built-up tensions and pressures in the human body. He says there is a development level that can be reached so that those tensions will not build up, and at that level, the only purpose would be to maintain the communication and interconnection with the other planes of existence.

MONROE: That's very good. We're glad to know that... He spoke of emotions a great deal. How does what we label *love* fit into this pattern? Is it an emotion or is it something beyond that?

EXPLORER: *Love* is a larger concept than the love that we usually experience in the human state. Love, in the universal sense, is a kind of brotherhood —the concept of unity, the concept of one team needing to reunify the energy— but in the greatest sense, in the universal sense, this is an objective, rather that a subjective, experience. In the human condition, love is one of the emotions that are part of the attachments such as fear, hate, anger, and joy.

Hanz says it is very difficult for him to explain, because it does not exist. It is a misinterpretation, but a necessary misinterpretation, because of the way the human development has progressed... He says he really means «regressed» instead of «progressed» because there was once an understanding that all that exists in energy is perfection. The sense of being positive, or what we call *right* and *good*, and the

idea that some part of this energy is negative or bad is only an interpretation that there are two sides of an existence... How can one say that the heads of a coin are right and the tails on the same coin are wrong?

MONROE: I use, for example, some of the patterns that our religions have developed. For example, if one were to physically kill another individual, another human, there is no good or evil to this, is this correct?

EXPLORER: Hanz says this is very difficult to explain in human terms, but he will silently concentrate so he can try to explain to me, so that I can explain to you, what this means. We will be quiet for a bit.

MONROE: Very good. *Time lapse: 3 minutes.*

EXPLORER: He shows me little round, hard, bits of matter like metal balls, small balls, that are discoloured and need to be shined. They need to go through an abrasive process, to be polished, because they were intended to be bright. And the process of polishing is done by other particles that exist for the purpose of polishing... And he sees that I do not draw the connection fully, so he will try in another way.

MONROE: Very good. *Time laspe: 1 minute.*

EXPLORER: He says he has tried to show me —and I have had flashes, but they do not seem to be meaningful.... The problem is the phraseology, the terminology that exists in the human condition. We must move out of it and let go of the... the meaning... when we need to look at this issue. This issue is larger than the human condition can assimilate, but he says there is a stage beyond this condition in which we understand

that each act has a meaning in relationship to another act, and that one act cannot be called good, and one act bad. It is only a process which all of the energy must go through. There is a cause-and-effect relationship existing, and when we pull out a segment like a human being killing another human being, if this has to be labelled, then the only way it could be labelled is that this is the *dark side*, this is the *destructive side*, as opposed to, *the light*. That is why we have the good and bad labels. But, again, he says in true reality, when one is able to objectively view all of what exists at the same time, then there are no labels. There is just process existence that is a stage of development... He leaves me puzzled and he says this is all I am able to impart to you with your limited ability to understand.

MONROE: Tell him we appreciate very much this attempt at the least... In that same... or rather, let us turn momentarily into another direction... and see if we can get another type of understanding... In the terms of existence as humans, are there humans who in turn, in their own existence now, are there some that are identifiable? Can we identify those who are very spiritual people? Or what are the characteristics that will enable us to identify a person who is very spiritual and spiritually evolved?

EXPLORER: While you were asking that question, Hanz was giving me more insight into the previous question.

MONROE: Very good.

EXPLORER: Let me see if I can pass it through... It's only an enigmatic concept that will help over time to understand the good/evil terminology. In the example you

give of one human being killing another, it is the one who kills who is dead. We have a misinterpretation. When we fully understand this part of the concept, we will be one step closer to understanding the whole.

MONROE: We will attempt to do it.

EXPLORER: Now he says he will attempt to respond to the question of the more highly evolved individuals on the Earth. *(inaudible....)* ... as there are very few individuals who have let go of the physical attachments.

MONROE: Are there any that we are aware of?

EXPLORER: He says that these individuals may appear to us from time to time but they do not remain a part of our lives. It is as if they walk in the form of an ordinary person and give a message, give a needed example, and then move on. These highly developed individuals do not stay themselves in the form of powerful, influential, famous persons. We seldom know their names.

MONROE: Is there anyone in Man's history that —the history that we know— that has existed?

EXPLORER: He says beside those whom we already know about, such as Buddha, Mohammed, Christ Jesus, and some of their immediate followers, there have been those who remain nameless. And at times, there have been more of the more highly developed entities on the Earth.

MONROE: Alright, yes, thank you. Thank him for me... He expressed the viewpoint where all time is available to him.

From that perspective, as of our time now, and looking in the time just ahead of us, how does it appear to him from his viewpoint? What are the major events to look to be in our near time, within our physical lifetime?

EXPLORER: The first word that comes through is *chaos... chaotic times ahead;* and I asked him to be specific. I see buildings rocking, buildings cracking, hitting each other; and screams, terrible screams. I see large bodies of water rising up, engulfing whole cities... crashing down, waves crashing down, lifting up houses as if they were little flakes of dust. But as I am being shown these two major tragic events, strangely enough, I am utterly detached from them. I wonder, why do I not feel emotionally involved? It seems as if beneath or beyond this chaotic condition, a more perfect form of existence exists. It's as if this were all part of the cleansing process.

MONROE: In what timeframe does this take place, and what is the cause of it?

EXPLORER: I will try to stand back and set up a sort of distance from me for events that will be ten or more years in the future, and judge on the basis of the closeness of the events to me...

It appears that these events are very close, rather than beyond ten years. I cannot exactly pinpoint dates, but it feels so close that as I focus it's almost as if it is over. I do not understand this way of expressing that is being shown to me. I will ask specifically...

The answer I get is that the chaos is already in operation. The treachery of man to man, and particularly the treachery that is being perpetrated on innocent children is a forerunner of the larger chaotic conditions. There is a necessary cleansing process, but the time is not fixed. It is happening at a regular pace. One thing follows another. The Earth is already shaking. The events are taking place in a pattern that has long been established.

MONROE: I see.

EXPLORER: What I see clearly is that within the ten-year period, the worst will be over. There will be quiet again, and peace, and a new beginning.

MONROE: I appreciate very much the help that Hanz has given you, and given me, too... and I think now that we should probably let you return. Thank Hanz so much for participating in our quiz, as it were.

EXPLORER: Hanz says there is another message: that those of us who are expected to cope with the changes, to continue to be part of the human condition throughout the changes. They will be given extra strength and encouragement. And that much inner work must be done. Much cleansing work must be done to prepare for the Apocalypse.

MONROE: He will help us do this, I hope...

EXPLORER: He says we will mainly have to help ourselves and each other, but he continues to help, and all of those on his plane continue to help to open our awareness and our understanding. He says he will leave us now...

MONROE: Thank him so much for his participation with us, and that we hope to meet him again in the very near future... according to our time. And perhaps we can explore other things.

EXPLORER: There is something I wish to report... It is not from Hanz, but there has been an effort, an attempt on the part of other extra-terrestrial beings, to make contact. I have not fully given my permission. When they have attempted to make contact before, I have made it clear that I only want contact from those beings who come from the One whom I regard as God. That is all.

MONROE: Why would they want to contact you, do you know?

EXPLORER: There is a feeling of caution on my part, as if some of these beings may wish to use my body for purposes of their own, and I am not certain these are the most high-level purposes.

MONROE: Could not Hanz tell you about this, or guide you in this, if at anytime you decide to consider it?

EXPLORER: Hanz has come back and seems to be rather shrugging his shoulders.

MONROE: *(chuckling)* Yes... which can mean anything, right?

EXPLORER: Yes... Almost as if he were saying: «There are times when you are on your own»... But I do not fully believe this. I feel as if it is more of a tool he is using to give me more discrimination, to help me develop my own discrimination. But I fully believe he and other fully remain with me.

MONROE: I suspect they do... So, are you ready to return, now?

EXPLORER: Yes.

MONROE: Alright, then, I will give you some nice Beta signal and what else I can find... Debrief, debrief...

POST-SESSION RECORDING

MONROE: How are you doing?

EXPLORER: Fine...

MONROE: And do you remember all of that?

EXPLORER: Not all of it.

MONROE: I wondered how much of it you remembered. Did you find interesting what you remembered?

EXPLORER: What I remember was the part about the waves and I remember that the imagery... that I did not have very much imagery.

MONROE: You just remember the waves, then?

EXPLORER: Hm, hm...

MONROE: It was a very interesting session. I wish I would have had some gauges on you for this one.

EXPLORER: I was very deep.

MONROE: I know you were. This is about as deep as I can remember you being, and that's why I wondered... How do you feel now... alright?

EXPLORER: I'm not all the way back, but I feel fine... I don't feel anything (*chuckles*)...

MONROE: (*chuckling along*)... Ha, ha, ha... You don't feel anything... well...

EXPLORER: I mean I don't feel bad, I don't feel good... I'm just getting reacquainted with my body...

MONROE: I suspect so. I didn't know whether you... You had the most unusual voice delivery I've ever heard you do.

EXPLORER: Really?

MONROE: Some day, I'll play it back for you.

EXPLORER: Alright.

MONROE: It's really hard to describe... it's not the you that I know, anyway... It won't be the you that you know either...

EXPLORER: Well, each time I began to talk... This time I felt my body began to vibrate. It was as if a question would be asked, and then this entity would inhabit my body. It was different from when I would just ask and get an answer and say the answer, although it was happening... I was two people at the same time...

MONROE: We're getting close to it, now.

EXPLORER: Yeah... but at the same time I was feeling as if I were another entity, so it was as if another entity and I were merged together, and there was still the filtering process going on —through me— but it was in a very different way.

MONROE: (*chuckling*) Yeah, yeah, you can say that five times. You would not recognize your own voice.

EXPLORER: It was strange the part about the chaos... I could see the buildings... they were tall buildings, cracking and falling down... and I saw the waves, very clearly... huge waves, terrifying waves, and I kept wondering why I didn't feel upset... And it seemed to be happening —whatever I was experiencing— at the time it was happening. That is why it was so difficult to separate that time from this time... so I never really got any sense of time. But I didn't have a personal sense of being in it. It was like I was watching it, which could mean that that is a case where I will not be in it, so to speak, but it may not be it... Maybe I'll be gone already by the time (*chuckling*) by the time it takes place...

MONROE: (*chuckling along*) Well, it's one implication, yes.

EXPLORER: But it didn't have the sense of my actually being inside of a building falling down or in one of the houses that was being washed away by the waves... I didn't have a drowning feeling or a burning feeling or anything like that.

MONROE: Well, I think it's more that perspective, because when you are in that particular state, you have dropped those emotional patterns that are your characteristic.

EXPLORER: I didn't feel sad or upset. I just marvelled that I didn't ... It was strange... it was just as if the whole business of the right and wrong... whatever the words were I have no idea, but I know it was like a frustrating thing to have to describe something that couldn't be described. And yet, none of it made any difference... It was like: so if a person kills a person, they kill a person. There wasn't any kind of feeling like I'd feel now.

MONROE: Yes, this is what I mean. And I think this is that characteristic that you've also had in the past... but this is about as deep as I have ever seen you, and I say sometime —and not to-night, or whatever— I'll play the tape for you.

EXPLORER: Yeah... I'd like to hear it... Well, I'd like to get out of this contraption, now...

MONROE: Ok...

END OF RECORDING

DISCUSSION ON FATHER TIME

AND OF DIFFERENT FORMS OF EXISTENCE

INTRODUCTION: *Welcome to another Explorer Tape from the recording files of research at the Monroe Institute. For those of you who have not heard, this recording is of a verbal communication between an individual in a sensory isolation chamber, whom we call an Explorer, and a monitoring technician in a nearby control room.*

The Explorer has moved into another state of consciousness using methods developed by the Institute. No drugs, chemicals or electrical stimulation are used in these methods. However, the method does incorporate a synchronization of brain wave patterns in each hemisphere by a series of sound pulses... So, here is Explorer JCA, a professional in mental health services, reporting in.

EXPLORER (JCA): First of all, I went flying over a city, then I tried very hard to go visit my parents, and I felt I was there briefly, but then snatched away. I felt like my presence was in both places... but it was not meant for me to stay... and I went back... like I returned to the world I usually go to and then met Father Time... It was really neat... It was a little man with a long, white beard, and I asked him who he was and he said Father Time. I said: «You've got to be kidding me...». He said no, and I said: «Well, you look human... you know, and why are you here?» All he said was that he was a guide to help people like me to see past and future, and to be aware of it.

Then I saw flashbacks of the past and then I saw future. And the future of the Earth was like the past, in that the whole Earth was just scortched, burnt. Everything was black and there was nothing, nothing green, nothing pretty. And the kind of people I saw were like cavemen —well, not cavemen, but they were more animal-like, and then I said: «Why? Why is this happening, or why will this happen? Is there anything to prevent it?»

And he said the reason it's going to happen is that there is too much hate and hostility, and the only way to prevent it is for us to be thinking more about the arts and love and creative things, and less about war and hating each other and disliking one another. And I asked him how we got onto life, and he said to start paying more attention to the mind and where it can go, and not to prevent dying. He added that all the changes in medicine, or the things that happen in medicine, should help people ease pain, because our bodies as we know them just can't handle pain very well. And never to prevent dying... And I said: «But what about the transplants?» and he said that transplants, the technique or developing the technique are really in reality to help people develop their minds and to know how their body is constructed. But he is very concerned with the fact that the transplants are causing people to pay so much attention to keeping the body alive but not the mind. And the mind is still being ignored... Maybe I should wait a while for someone else, or maybe I should go see someone else. I'll tell you in a few minutes.

MONROE: *Time lapse: 32 seconds.*

EXPLORER: I've met... I guess I can best describe him as a little pygmee, or with a monkey-like face. He's very cute

and very friendly, and there must be around five of them... They sort of just circle around me and say that they are there to help and that... don't laugh at this, but they see me as a humanitarian leader in the world in the future.

They also tell me that there are presences —ethereal presences they call them— very intelligent, very clever beings, and definitely Earth's friends, who can procreate. On the other hand, the folks on Mars are Earth's enemy. They are hostile. Their intent is to make Earthlings aware of other people's presence beyond the Earth, but at the same time they come to visit Earth, they're the ones who take other people's bodies back to Mars... because they have no other way to increase their population. They don't need the physical bodies... they need the non-physical bodies...

MONROE: Was there any instruction as to how we can perceive these ones from Mars?

EXPLORER: No, somehow that doesn't seem important right now... like that information will come... and it just feels kind of nice to be in this space... just in space with these ... with these creatures around, and it's just something to come, but there is nothing that we can do about it right now or make it any faster.

MONROE: Very good. So you just relax and be, and perceive just as you have been doing and report.

EXPLORER: I didn't go any place else. They feel I have to absorb this information first. So I guess I better come back.

SUBSEQUENT SESSION

EXPLORER: Hm... I'm telling my green men... I am practising going up and down to where they are. And I found out why he has this green robe: because he said that he doesn't need it, but that I need it to make myself more comfortable in communicating with him. And he says I still have some fears, so he still wants me to feel more comfortable with going in and out of my body.

I'm going to see if I can talk to him some more... He just kind of sat down and talked about me and where I'm at. He's telling me that he is my overseer and he's responsible for some of my growth and development. Other than that, he just said that he was my overseer, the contact in that reality or that personality.

Apparently, he's been through a lot of different lives and lifetimes, and I'm not sure whether I'm part of him or not. I kind of feel comfortable here: it's like where I really belong... and I felt this before... *(inaudible)* ... I call my «green men». It's not really «green men»... but green entities... or whatever.. I want to keep coming back here.

I think I've made some progress because this time I didn't need any folks to help me. I was just there seeing them... Earlier, when I asked him what he was doing here, he said «here» is something that you are trying to pinpoint. «Here» doesn't matter. I don't know why, but I really feel very tired... I feel like I'm ready to come back... Suddenly I noticed that it... yeah... before that it was like a flash; and before that I didn't notice, it was dark in here... I was surprised because it was just a flash of light that came all at once... It was weird!

MONROE: Debriefing, debriefing...

EXPLORER: We have to do the communication we are doing now many times during the day... We're living several lives simultaneously, and we have to become aware of those other lives, and integrate it into one... That the sound that you're using now ... we have to learn to communicate with lower sound, and eventually, without any sound, till it's perfectly quiet, because sometimes the sound distracts us and takes us away from communicating... That many people need to come to the lab to learn to communicate...

He put me in a void... I was completely surrounded by darkness, and my mind was just floating. I really couldn't feel my body, but just my mind, and he told me to really feel comfortable being in a void or blackness, and not to be frightened by it, but to be used to floating like that. He added there are also higher levels of communication that I have to learn, that I need to be aware of, and to pay less attention to my body and more attention to my mind... in fact we all should. This is how it came about, about practising... not so much practising but allowing your mind to go to this state many times during the day.

MONROE: *You might call this the «education» of JCA. And in another session, that education continued.*

EXPLORER: The first message I got was that I have graduated to a new level of communication. It's as far as I've gotten. I shouldn't say «new»... I should say «next» level... being together or meeting my other personalities... and I was just radiating where I was or am, mentally... and so I went back to that feeling or place... or whatever. And it was really

a great feeling. I was really very peaceful, really like I was part of a whole... And my guide was there and kind of smiled... a very satisfactory kind of smile... it was really neat! *(chuckle)*...

I was told of, or felt that I was going to meet my other personalities and feel the togetherness... but then I went back to a feeling of gloom... like something dreadful was happening or going to happen. I was seeing an ugly side —or what I would consider an ugly part of my personality— a really mean part of me... that I had to deal with; that I had to come to terms with. I mean this other personality is not.. is living in another place or another time, but integrating it. It's going to be difficult. And the gloom is part of the realization that I have that personality to put together, into the whole. And it's going to be hard. It's not going to be a happy time. It can be done. If the glimpse of this other personality is really *(emphasized)* what I see right now... ugh! She sure is ugly! and mean!

My guide is here watching all of this, while I'm realizing all this... She is what I would describe or consider a *witch*, and I asked him... where or when or... He said, in my terminology, she would be living in medieval times. And she hurt people, she tortured people. She was really mean to people, she had no feelings for people. She was really lives since then have been living through a time to deal with this hatred. It seems like I've been making the most success in this present lifetime here, and that that's why I'm being told of this other life *(chuckle)*... He's just told me that my being called a «witch» is really true... I really was a witch... not a witch witch... Oh, I had powers... and I really did hurt people with those powers.

My powers made people die; made them... all I can see is suffering... This personality is just screaming and screeching at people, making them physically and mentally hurt. Never did anything kind for people. She really hated them.

Wow! She could put aweful thoughts in people's head. She turned ordinary drinks into poison. She could make people feel they were going crazy.. and make them go crazy... I don't quite understand this.. She used them... she drained them off from the whole personality... she made the decisions of making or trying to utilize this energy... her bad things, to see how far they would go... it was like she was aware... she really was aware of the powers and that they could be used for good...

Apparently, I radiate energy, but I don't realize that I radiate this energy... except for one thing that I know that I say to people... and that is, always expect the most in most people you work with or deal with, so that everyone will realize his greatest potential. Whenever I say that, I'm in the process of radiating energy to the person I'm speaking to, so that he really feels that he can do that, that he not only should be developing himself more, to realize his own potential, and people he works with... like I need to capitalize on that more, to really work with that more... like it's just a natural thing, and people really do feel that when I tell them that...

The first response is that I have an aversion to that, but I could do that. In fact, I do that unconsciously, and when I for example say there are jobs I would like to have, I'm really making that job available... but I kind of keep my distance... I kind of send it out to maybe a group of

people or a couple of people, but I'm really going to make that happen... and I can make that happen.... Maybe sometimes I'm overcautious because I don't want any badness to come from it or hurt to come from it... and I can do more... When I send a thought to somebody, I need to think about it and play it, to know what the possible consequences are, because I can do it. But right now, I'm very reluctant to do all this thinking... I'm kind of lazy about it.

And so the easiest way is not to do anything. And I really do... I can send those messages... but before I do send them I should really think about them. I'm playing and know... that's really the way I want to go...

And then I wanted to talk more about this personality, and personalities and oneness, and where it's all going... and I could see communication happening on different levels, to the point of... that there is one overall personality from which one being —or, if you want to say that— from which we all come from. And as we proceed in our level of understanding, we will gradually incorporate ourselves into this oneness.

Because of the psychic work here, we're more sensitive to our environment. And our environment with a lot of man-made materials saps our energy, takes away from our energy. I guess I went back and got a little more energy... and then I started to talk to my guide about nutrition and what I could do about my energy... and his biggest suggestion or recommendation is that I must start and should start, walking in areas where there are lots of trees —trees with leaves, not pine trees— and that I can get a lot of energy from those trees and from the grass... And definitely

it's got to be in the fields or the woods, and it's even better when there are a few trees around, rather than a lot of trees around...

The other thing, I was curious about oceans. I always get energy from oceans because they seem to be very relaxing to me. And he said oceans at high tide give you energy but when at low tide draws energy from you. So if you are at a low tide, or you're feeling kind of yuky, low tide is not a good idea at all.

The sun provides a unique kind of energy, and it appears to be especially good to those people in psychic healing. Psychic healing and the sun seem to go very much together. I guess I need to do a little more exploring. And then I'll come back...

MONROE: *Time lapse: 1 minute.*

EXPLORER: It's ok for me to hang around large groups of people for a short period of time, but not around large groups of people for long periods of time. It's too confining and not good for my physical health. And he's really concerned about my physical health.

MONROE: Ask your guide this question: Ask him what energy structure relationship there is between plant, animal and human life —physical life— and what structure of energy there is before and after given physical life.

EXPLORER: Hm... Ok, I will. But first, I need to tell about something he was doing to me while... to help me with this headache... he was telling me to focus on a white light, just like the white lights that are on some of the earlier

tapes. And then I should focus on this light when it explodes, so that light just bathes the upper part of your head, where the headache is. And he did that several times, and it seemed to help.

MONROE: You could perceive a reaction, then...

EXPLORER: Yeah...

MONROE: Very good...

EXPLORER: Ok... Now, let me work on this other question. Let's see if I can get this straight... Animals, plants and humans are all souls. Plants could be considered simple souls, animals —most animals— next in complexity, and then humans, the most complex souls, as part of your... like Jane Roberts said... oversoul or personality... You may have plants and animals and human forms making up that total personality. That may explain why humans may have a certain preference for a certain type of dog or certain type of plant that they like or dislike. Cause it may actually be a part of your overall personality. Trees that have lived for a long, long time... although they might be considered simple souls, are also receivers of information... information from their environment that surrounds them... information that is given to the personality.

My guide is saying that he and other guides have pretty much integrated personalities, and are studying the effect of what happens when humans eat animals —animals that have a little less complexity, complexity in terms of their soul— and what that combination does to the humans... In some areas, eating animals does not help in the development of the human mind,

but actually hinders it, and it appears that human minds and bodies benefit primarily by eating the more simpler souls, like plants.

At death of any... of an animal, a tree or plant, or human being, the soul is again being reintegrated into the larger personality, kind of getting a reevaluation of where that personality is at, and what areas they have to explore or change or improve upon, trying to reach the highest, in terms of truth, knowledge, and beauty. Does that make sense?

MONROE: Yes, that helps a lot. What, then, is the progress, is there any real structure to this, or does this just happen naturally? Are there patterns to it?

EXPLORER: Apparently, one pattern that is emerging is that animals are getting better development of their brains, as our humans are getting a better development of their brains, and both animals and humans are looking to plants for food. And the plants seem to be the stabilizing part in the environment —in terms of energy systems. They receive and they give, and that helps both the animals and the humans, and their development. Our plants may be considered as a catalyst.

MONROE: I see. What happens when a human stops being in physical life; in order words, going through what we call «death»? Does he simply become another human again, or what?

EXPLORER: Well, first of all he wants to check with the big personality to find out... a kind of reevaluation of what he has learned in his human life, and what that information has done for the larger personality... Has it contributed,

has it detract or has it raised more questions? And if more questions are raised, or it has taken away from the larger personality, then the larger personality decides whether this person will become plant, animal or another human, to try to answer those unanswered questions, or to gain what they've lost.

MONROE: Can, for example, an animal become a human?

EXPLORER: Yeah... and the next time around, because it's the soul that decides the development. He says the animal soul goes back to the personality, and even that soul evaluates what it has learned. And then the next time around that souls may decide to be more complex and to be human, to answer some of the questions that it couldn't answer when it was an animal.

MONROE: Would a human become an animal?

EXPLORER: Yep...

MONROE: In what conditions would that take place?

EXPLORER: Oh, we have animals here which have been human and actually can think and conceptualize as a human mind can, but their perspective, of course, is animal non-verbal, unless it is encouraged to speak or to talk. It's non-verbal with no need to verbalize... and sometimes maybe humans go back into animal forms to either verify information or to get a new perspective on the things it has learned.

MONROE: I see. Suppose one does not want to come back and be a human again, then what?

EXPLORER: The soul doesn't have any problems with what it would be, whether it would be animal or human... The soul doesn't have a preference as such... it sees it as a job to be done in terms of learning. If the oversoul —the larger personality— decides it needs more information in being a plant, then the soul becomes a plant... and maybe with some specific instructions to interact with different kinds of plants, or different kinds of soil, or with differnt kinds of human beings —because they are experimenting.

What kind of human being can we develop to give us, to give that person, the awareness of true knowledge, love, and beauty, and all these things? I mean, can such an individual be developed? And therefore, that individual, that human individual may be that personality, may get to the point where it has gotten so much knowledge and so much information that it is actually able to combine itself into one form —whatever that may be— and actually show itself here on this planet...

MONROE: Is this activity peculiar to this planet Earth, or are there other such systems that work?

EXPLORER: There are other such systems that work throughout the universe with different atmospheres and with conditions that are changed with the form of life change, all being experimentation. And therefore, you may even be on one planet for one lifetime and on another planet for another lifetime. Be aware of another possible living on another planet and another time —or at the same time, rather.

MONROE: At the same time?

EXPLORER: Uh, uh...

MONROE: I see. Ask your guide if you are living on another planet at this same time.

EXPLORER: Yep! And it's very cold! It's cold and there is no air like we have here... In fact, I'm really low to the ground, kind of like a blob... Doesn't seem to be much around here... Freezing conditions. Communication isn't talking.. it's not squeaking, but like squealing... and there isn't anything such as day or night, although we «blobs» don't seem to mind that...

MONROE: Does the blob have intelligence, as we know it?

EXPLORER: Oh, yes. I can feel my mind and my brain, just like I can feel it here; it's just that my form is entirely different.

MONROE: It's the same amount of intelligence, then.

EXPLORER: Oh, yeah...

MONROE: In this other one, do they have mechanical contrivances such as we developed here?

EXPLORER: Nope. In fact, their diet is liquid. It's a liquid diet.

MONROE: Do they have names?

EXPLORER: *(chuckle)* Hi, hi! I got «Blurp» and «Blob»!

MONROE: *(chuckling along)* Ask your guide if he has ever been in physical human form.

EXPLORER: Yes, as a man. Apparently, he was quite a handsome young man.

MONROE: When was this? And where?

EXPLORER: First, what I got was 1938; Philadelphia; San Francisco. Apparently, he found his way all around. He was just down for a short time; he didn't stay too long.

MONROE: Why did he come down for a short time?

EXPLORER: He just wanted to see what it was like; he just wanted to experience. Apparently, he is a very, very old soul and is pretty well integrated, and the time he has spent on Earth was a long time ago. And apparently, no one had taken on human form for thousands of years; and so he wanted to come and just kind of wanted to play around and see what it would be like... he really enjoyed himself.

MONROE: Was he born like any other human is born?

EXPLORER: Nope... He just kind of appeared.

MONROE: Oh, I see....

EXPLORER: He didn't want to come here as a baby; he just wanted to be here as an adult.

MONROE: How did he first appear? What method did he use to do this?

EXPLORER: He just says that he just wanted to take on physical form, and he described exactly what kind of form he wanted to take... and his energy just made him into that; and he just appeared in the middle of a street in a big city, and proceeded on his way... with money in his pockets.

MONROE: Very good. Can we use some form of that same technique while still in our physical form?

EXPLORER: We have a finer energy system like he has, and this is one of the reasons maybe we spend so much time one energy and nutrients, and taking walks, and getting energy; we're going to have to build our energy system. We can make changes with the way we look right now... you know, younger, slimmer, or whatever...

MONROE: How can we learn to do this?

EXPLORER: Well, what he is saying is that the information is there. We're just not taking advantage of it. Then he tells me to go walk in fields where there are a few trees. I mean, if I did that, that would help... I should pay attention to the food that I eat and listen to my mind and not my body, as to whether or not that food is going to do me some good... It would be better... I've conditioned myself to my body... my eating habits... depending on what my body tells me, rather than what my mind tells me. And, you've got to understand, you've got to realize and fully believe that your mind has control of your body. And if your mind says you don't need to eat, you don't need to eat!

MONROE: Do these possibilities apply to others, or just to you?

EXPLORER: Oh, yeah... everybody... you too.

MONROE: Me too.

EXPLORER: Yeah, you too.

MONROE: How can I develop myself into a younger, active energy-filled body?

EXPLORER: Oh, ok... When a plate of food is set before you, listen to your mind as to what you should eat on that plate; don't listen to your body which tells you you should eat everything, or to society or tradition or culture which tell you you should eat everything because it's the right thing to do... Just eat those things that your mind says will make you feel healthier, will make you feel younger... will give you energy.

There are energy foods. Green things are energy foods. Yellow vegetables... not so much energy foods. Food that is cooked too long is not energy food. But your mind can really pick these out. Water is not an energy food, but it's a good transmitter of energy. It makes everything go through all parts of your body. So you definitely should drink lots of water, because it is a transmitter of energy... Nuts are a good thing, but they would be better without so much salt; just fresh nuts.

MONROE: How can we learn better use of the energy itself; better application of it; better growth of it; better manipulation of it?

EXPLORER: First of all, we need to build up the energy in our bodies. Going out of body is one application of energy. Directing thoughts to other people is another one... or of directing energy... and we are constantly sending or receiving energy from one another, except we don't pay attention to it all the time —and we should pay attention to it...

Oh... it's also important to eat in very peaceful, simple surroundings.

MONROE: Alright.

EXPLORER: And never with a lot of noise, because that really disrupts your system.

MONROE: Is there any kind of sound, or noise, or music that we can add that would enhance the eating procedure?

EXPLORER: First, I got pink noise... and then I got chanting. Chanting sounds in the background are very peaceful and quieting, and give you maximum benefit of the energy that you eat... In fact, you should eat more with your fingers and less with utensils, because the utensils take some of the energy away... And a lot of base sounds, low sounds, are very good. Low, base sounds...

END OF RECORDING

LOVE AND HATE:
COMMENTS FROM THE COUNCIL OF LOVE

ENERGY-BEING (NKH): On this occasion, it has been decided by those of the Council, that Hathor* must speak to you of love in relation to your world.

This subject must be made clear to you and to those with whom you are associated. You radiate to all those you meet a great love of humanity, a great seeking in this love, a great striving for knowledge through love, and this is very good.

The Council of the Servers of Love has existed through the realms of eternity from the very beginning. During this period of the Piscean Age, when so much hatred, cruelty and destruction have come upon your world, this Council has only set forth to contact and be with, very few upon your Earth. Now, as the millenium has passed and the Aquarian Age has dawned upon Creation, the Council of the Servers of Love once more has come forth to bring the essence of their guidance to those upon your plane. It is great concern to all those members who take part in this service of this Council, that your world be given a fuller understanding of the essence and the reality of love, for only through love can your world be saved from a final destruction.

We speak not of love as a physical reality, but as a mental reality. We speak not of love which a man gives in relation to his wife, but we speak of love which all creatures upon

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* *Hathor is most probably the name of an energy-being like Seth.*

your Earth are endowed with a knowledge to obtain. We speak of the Thought. We speak of the Thought in the Beginning, and of the relationship of this Thought to those creatures which were created upon your world. For this Thought has been and shall continue to be, ingrained in the very atoms of the structure of these creatures.

During the course of evolution —and the Spirit coming into matter, and the matter being physical— the Spirit has become less and less in the matter, the essence of the thought and the love has lost the magnitude of the original vibration which was created in thought. There are those upon your world who are born into physical matter who choose the vehicle into which they are to be born, and who, upon entering this vehicle find that the thought and the essence and nurturing which should be theirs as a matter of course is lost or diminished to a point where the very atoms of the structure of your creatures is greatly denied the nourishing of the thought of love.

The Council has looked, has seen, and studies the creatures on your world, and this study is of great importance to all those on the Council who have dedicated their knowledge to service those upon your plane. We, those of us who are engaged in this service, must render to your world a revitalizing of the thought in the creatures, which will come forth in your civilization. For in many the thought has do dimmed that the original plan and capacity for love, not only of the self, but of all other creatures, has become almost extinct. It is of great concern to those on this Council that this condition must be in time eradicated from your world, for when the thought of love no longer exists, then there comes to your world materialism, greed and hate, as you so readily understand. These conditions can do nothing but destroy.

Through your work in this place, in which our channel has been sent, we feel that you will give to many the revitalization of the thought and the continuance of the giving, once more, of this love to all your civilization. If you will think in your mind and picture a clear pool of water, you will see that any who strive to bring to others this thought of love may cast a pebble into this clear water and watch the ripples go forth. If you will think of these ripples as the ripples of the tought of love which are spread to all those on your world, and you will find that in the eyes of this Council, and in the realms of all spiritual life, you will be blessed and you will be successful in giving to your world a great service, and also you will save many souls who now head down a path toward destruction.

We speak on this subject at this time, knowing, Robert, that there are many questions which you have, which you wish to ask of this channel. At this time we feel that this subject of love is upmost in the mind of those of you who seek to better your world. The work that you do gives the essence of love to all. It is very good, it is very right, and you are blessed by us once more...

MONROE: Thank you very much. Perhaps one of the most important things that you can do for us at this particular moment is to define very specifically, then, the energy that you label «love», so that everyone may as best they can understand what it means.

ENERGY-BEING: Yes... If you will picture the Beginning —and the terminology I understand is very difficult for those of you on your realm— however, we shall endeavour to make you understand...

In the Beginning —if you choose to say— there was a void. And yet, the void was an essence. The essence was —if you would also choose to say— your God or the Eternal Light, whichever you choose, whatever terminology you choose... In this Beginning, there could not be a separation between the essence and the wish to give. It was one. At this stage of the Beginning, there came to the essence love. Love at that time was a desire of the essence to give up the essence, to share, to define, and to send forth. This was done... if you can picture a great universal energy which was there and which was all that was.

In the course of time, universes were created. This was done with love, which was a creative... a giving. This giving did separate the oneness from itself, and yet the oneness remained part of itself. The god or the essence knew that the creations of the different universes was good. The love had done the job, as you would say, of creating a thing, although on an infinitesimal scale, a thing that was good. This had to be continued, and so, the essence sent forth, in spirit form, part of it. There was only goodness, but this sending forth was also done out of a need for giving, which this essence had found was necessary.

In the course of time these sparks, as you would say, which had come forth from the Eternal, went to the worlds and the universes which had been created, these sparks went in many forms, many of which would not even be conceived by those upon your planet. And yet, all forms of life began with the thought at the same moment in a time which is not understandable by your race.

When we speak of love, we speak of this moment. When this great, unimaginable essence gave forth life.

MONROE: How was this expressed, say in our realm, our world here?

ENERGY-BEING: Yes, this is important. You have done much research in the past, into the many theories which your society has put forth, upon the coming of souls into a human body. The best way to explain to those of your world is through a process which gives to the creatures upon your world a desire and a longing for giving and for nurturing. This is the same desire which in the Beginning the Oneness felt..... «felt» is not a good word... the Oneness became; for in your creatures, upon your world, there is within the very atomic structure the desire for giving of love, not only to offspring which come forth from these creatures, but to any form of creativity which they choose to partake of. This desire has come through many millenia into the very atomic structure.

There are some, of your world, who in many cases, have chosen through greed and hate to dim this very essence which has come forth to them. You will find, as you look about your society, that there are many who are mothers and who touch not their offspring, who give not to these new bodies the feeling of nurturing and of love. As a result you find that the offspring grow into a world which they know not even has love. For this process (nurturing) must be in all cases in your world a rejuvenation in each offspring which comes forth. The crimes, the mental illness, the hate, the greed, and the materialism are direct results of the denying of the giving of love.

There are those in your society who would say, «I have given birth to no children»... and yet, there are children in many

forms in your world, not necessarily in human form, but any act which creates is a child. A child is given. You have looked upon your great art, you have listened to your great music... you have seen, in many cases, that a child has been created of those who have taken part in this creation. This child could not have been created had not there been the thought and the love put forth.

I and the members of the Council will give to you, as best we can, a very brief definition of *love. Love is a giving to all without so much as knowing the giving is done.* As you know, once the thought is manifest, the thought becomes a thing. It is time, upon your planet, for many to learn the dangers which have been brought to your world with the unbalanced conditions of hate and jealousy. We spoke previously of love and shall continue in the future to expand upon this subject. It is also proper that we speak briefly of hate, and directly in relation to hate, jealousy.

You will find upon your planet, if you will take one soul who has the capacity to hate, that this soul will be so surrounded by evil —as you would choose to speak of evil— that all those who contact this soul, whether in human form or spirit form, shall feel the vibrations of hate emanate and enter their own being. The energy of hate can penetrate all humanity, all of the notes upon the vibratory scale, and if strong enough, even the atomic structure. If you will look about you, you will see the results of the manifestation of hate and jealousy upon your planet. As you have seen the great wars, the destruction, the pain, the agony... In direct relation to these great wars is jealousy. For hate and jealousy walk hand in hand.

If you will note, your offspring does not come forth knowing hate, for hate has been taught by those upon your planet who have been so enmeshed in matter that they have taken their eyes from the spirit. They have surrounded the spirit with an identity of matter through which love cannot penetrate. The offspring which come forth are set in the same mold and are taught by the parents. It is of the utmost importance that the people of your world realize not only the damage which they do to the soul of their offspring, but also the damage they do to their own soul. Hate, violence and jealousy enter the world of the offspring. There is no action of evil or unpleasantness which takes place in the life of a child in your world— even from the first moment that the spirit enters the body— that is not retained in the memory of this child and will not manifest in some form, at some time during the life cycle.

It is the belief of those who are parents upon your world that a child can be too young to realize and to see and to understand any form of communication, whether for good or for evil. This is not correct, for this child is a mind and a spirit which is contained in a very small body. The soul chooses this body, chooses these parents, but the parents have the free will to inflict hate and violence not only directly upon this child, but create an environment of violence and hate through which this child will struggle As a result, he will have to struggle further through all the days of that incarnation.

It is of utmost importance that your world should be made to understand that there is a direct relation to the violence encountered by a young child and the violence that this child will bring forth during the adulthood of his

life; for as is done to this child, it shall also do. This violence may come in many forms. It may be a violence of spirit, a violence of mind, or a violence of body. But it shall manifest in some way, for once the pebble is tossed, whether for good or evil, the ripples go forth.

You should give to your world a great awakening as to the conditions which they send forth for the offspring to grow in. There are many of your doctors who have come to realize that if these offspring are put into an environment similar to that in the womb, they get, as you would say, a better start, a better foothold in your world. However, this should be carried much further. For once this child leaves the place of birth, leaves the controlled environment of the medical profession, he is put into a very, very shocking state, for he goes into a home, a place where there is all manifestations of violence, whether it be through your television, your newspaper, or through whatever form of communication which surrounds this offspring. This manifesting of violence, hate and evil directly affects the soul.

Until your world comes to realize that in the very beginning when a child comes forth, there must be love —not only love for this child but love in the surroundings, and an atmosphere of love which surrounds this little one— then your world can never fully understand the essence of love of which we have spoken.

We ask of you, Robert, to go forth with your work and bring to your world an understanding of these very inherent definite problems which your creatures have so manifested in themselves. We are of great concern for the damage which has been done to your world, and for the survival of those, when

the time arrives, when there will be great stress and destruction. If but a few can learn and begin to manifest in their children, from the very moment of birth, the environment of love, then this is a beginning. We ask that you do everything in your power to manifest this beginning.

MONROE: I will make every attempt to do so. Question, though... Is this particular problem of which you have given us a very interesting discussion... is this common in all of the other planets? or does it exist on all the other planets we see that may be surrounding or circling stars in the sky in far distant places?

ENERGY-BEING: As you have discovered in your studies and your travels, there are many galaxies with almost identical worlds to those in your galaxy. There are other planets which manifest this problem in other galaxies. However, it seems to this Council that your world —Earth— has been the one which has so enmeshed evil in matter, that this one is of utmost concern at this time. A great balance depends upon your world for as you know, what affects one planet in one galaxy affects all planets in all galaxies. This is the primary reason that we have chosen to come at this time once more to speak to those upon your planet.

There are those, as we have told you in the past, those spirits who dedicate their energies to helping those upon different planets who need this help. We concentrate these energies which we possess in this Council to your world.

MONROE: In these other worlds, are they also aware of ways to solve these problems? Have they solved them so that we can learn from them?

ENERGY-BEING: There are in many cases worlds which have solved this problem. There is one example which we may give, as far as your understanding would allow. This is a world which you look upon as being made of a metallic substance which appears in your eyes to be glass. You would see on this world creatures who are not dissimilar to the creatures upon your world who live inside this planet, who have the use of bodies very similar to your body, and yet who are of a vibration of an energy where these bodies need not be utilized. They live in this world; there is love, there is concern for those in all the other worlds which make up the universe, and there is with these creatures a condition which you would call a segment of society which is dedicated to going and travelling to other worlds for the sole purpose of helping those upon other planets to solve problems.

This world of which I speak of is a world which utilizes all the energies in a positive manner, which have been given by the Eternal Force which has created all. This Council looks upon this world with great approval. And there are those upon your planet which have been in contact with these beings and their energy. Yes, I will answer you, the problem of hate has been solved upon other worlds.

It will be through the evolution of species that this problem will be solved upon your world. However, as we have said, the first pebble must be tossed. Those beings upon your planet must be given to understand that there is a problem, for at this time, they do not know this.

MONROE: Is the question, then, in the solution to the problem... is it a question of evolution, then? Is man not the ultimate evolution on this planet?

ENERGY-BEING: Man is the ultimate evolution. However, there is much more evolution for Man to encounter in order for him to elevate his soul and spirit to a point of essence. Through the millenia of time, when hate, greed, jealousy and all other negative emotions have entered into the being of Man, he has forgotten that he is of the spirit. He has forgotten that there is a problem of hate. He has become so unbalanced and swings to the negative side of his nature that he is not aware of the swing. Man has inherent in himself the solution to all problems. However, he must understand that there is a problem.

If you can make known to your society, even to a small, small segment, that there is a problem along the lines of hate, greed and jealousy, and all the other negative emotions, then Man himself has the capacity to solve his problems. To elevate himself above these earthly emotions, for in the Beginning there were no unbalanced emotions inherent in the soul and the spirit.

MONROE: So we indeed have much to do, so it would seem.

ENERGY-BEING: Yes, Robert, when this one was directed to come to you, there was at that time a great knowing of the needs of those on your planet... and a great decision was made by this Council, that once more, we would endeavour to bring to your world knowledge. As you know, the time grows short until part of your world will be destroyed... as you know destruction at this time. If you can go forth and plant your seeds, then much good can come and the harvest can at least be in sight. We realize that this will not be an instantaneous process, but up until this time, all of the seeds which have been planted have been cast aside by the wind. It is of great

concern to this Council that there are upon your world others who have the capacity to bring forth knowledge and who use not this capacity through either ignorance, fear, or disbelief. You are one who has come to bring knowledge, not only through yourself, but through others. You have the capacity to see and to understand that there are those who have been sent and prepared to bring forth this knowledge.

As you say, there is much work to be done. But a beginning is all that can be asked.

MONROE: *Well, there you have it. Discourses on love and hate, and a voice from a near-eternal Council. Do realize these are only words, attempting to express perhaps the inexpressible in human language. We offer these without particular comment but hope you have a few comments of your own.*

END OF RECORDING

MATERIAL FROM SESSION MEETINGS:

AN INTERVIEW WITH ROBERT MONROE

INTRODUCTION: Welcome to another Explorer Tape, as presented by the Monroe Institute of Applied Sciences. This particular session is different, as you will quickly note, as a result of the many resquests from Institute members. The material itself is taken from several sessions in all of which the explorer is reporting in full physical waking consciousness, and in his physical body... at least it was presumed that he was... I hope he is familiar to you by this time...

INTERVIEWER: It has been over ten years since you wrote the book*. What have you been doing since then?

ROBERT MONROE: Well, in looking back, I kind of wonder myself what I've been doing the last ten years or so. Some times I think it's nothing. Other times I say, «What has been happening?»

First of all, the publication of the book attracted a lot of attention and gave me the opportunity to meet a lot of new people, which was very rewarding in itself. I think the other part is my coming out of the closet instead of being a closet, out-of-body hidden-away person. It become known

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* *Journeys Out of the Body*, Doubleday & Company Inc., Anchor Press Editions, 1971. 280 pages.

generally that this thing has been taking place in my life or had been, and it was funny the way I began to be looked upon as sort of a... people would stare and look at me and say: «Is that who he is?! That's the person that goes out of his body!» Or these strange looks like: «He's a weirdo» or freak or something.

But it was a lot of fun to see this change. And, of course, one of the most rewarding things that has taken place in the last ten years is the mail; the mail of people from all over the world... different types of mail; and the most important ones were the ones that said: «Thank God, I know I'm sane!», instead of being from some particular type of person who has a mental aberration... that they were hidding in the closet, I might add. So that is sort of a general approach.

The other part is that in these last ten years there's been a very amazing change in the way people think, and, of course, I like to think that this book had something to do with it, as I said, coming out of the closet by necessity, having written the book... the immense changes over these 10 or 11 years in public attitudes... And one of the things that has taken place is, now it's ok to talk about out-of-body experiences as a reality. And from that point of view we participated in the presentation last year of three papers before the American Psychiatric Association on the out-of-body experiences, which ten years ago would be an unheard of thing. It was beyond my wildest imagination that the APA would seriously listen to a phenomenon known as out-of-body experiences...

EXTRACT TAKEN FROM SIDE TWO OF EXPLORER TAPE 23

ROBERT MONROE: ...we are actually measuring body voltage by taking a head-to-foot measurement of the whole body, and then running that into a very sensitive frequency counter that measures down at the microvolt level, and, as near as we can figure, that voltage ranges to about 1.7 or something on the average individual, depending on their weight and size, and some other unknown factors. And down at that 1.733, that last 3 is where we find the sensitivity to changes of consciousness, and we can see wave forms there that are in themselves very interesting and very exciting. So, as a result, this is a kind of thing that deserves much further investigation, and we are certainly working on it.

We have also gotten, as you know, well into the concept of left brain and right brain, and we think that is certainly a simplification of what is really happening in the mind/brain relationship. We agree and seem to have some justification in going along in the concept, that mind is to brain what command system is to computer. We are quite definite in our approach that the mind is not the product of the brain but that the brain is more the product of the mind... We think there are some ways that we can get that into... certainly into a cause and effect mode.

We've also gotten to where we suspect everything is in that wave form, and as you know, quantum mechanics speaks of nothing but wave forms, and holographics theory is a series of coherent wave forms. And we think that our life-existence here is just a series of overlayed wave forms. The basic wave form for example, is one of physical life, here, in and

of itself. And it is basically one where you are born here and you have a long wave, and then you do what we call die; and when you are dead, that wave form continues, but not in this particular reality system... but it is a wave form. And you surface again and inhabit a physical body, and that's the upper part of the wave. And then you go below the line again and you inhabit and exist in some other reality structure.

INTERVIEWER: Is that, then, what reincarnation is?

MONROE: Well, yes... Let me get onto that in a second, and I'll see how that might fit in with reincarnation —or what we think of as reincarnation. If you take that long wave and then add finer waves to it —and one of the most obvious ones, that big wave being birth, growth, maturity, aging and death— and then we have another simple wave form that we perform every day... we are awake and we are asleep and this is a local... a little short visit to that other system... You are above the line in that wave form. You are conscious here, and also conscious in that other reality structure. This is a means and essence that, where you can't wait till you die, you've got to go there during the night and get there a little beforehand, as it were. In other words, a balancing system, so that...

INTERVIEWER: Are we in training, then?

MONROE: In training? I think it's something even beyond that. I think it's a necessity, just as an equalizing and balancing process. To be in that other reality, a little bit, just a balance in this reality... If you think of a wave form and it's up and it's down..... We are much

inclined to go along with this because there is much supporting evidence of it, that, even during this particular consciousness of which we are using right now —and certainly this is not original with us— but we like the idea of it and are beginning to get pieces of it... here is another and much finer wave form, that, as we sit here, we are flickering in and out of that consciousness. And we are flickering in a much shorter wave form. What is it? a thousandth of a second? a millionth of a second? who can tell?... So we are right now in that other reality; but where this part of us is not being able to perceive the gaps while we're in the other... he only sees the tops of the wave here, whereas in that other system they're saying, «Oh, hello Isabelle, how are you?» And as far as Isabelle is concerned, you are living in that other reality just as much as you are here, because the flickering is going on all the time, and the fact that you can't perceive the gaps while you're there doesn't nonetheless... We can't even perceive the gaps of going in and out of sour sleep, much less than these very hard to perceive gaps.

INTERVIEWER: So we blink back and forth...

MONROE: Yes, it's just that... blinking back and forth.

INTERVIEWER: As you live longer and approach death, would you perhaps blink longer in the other place? And that may be what senility is?

MONROE: Who knows? These are the things that deserve to be investigated, but taking a different overview.... Some of the other things, incidently, that I've gotten into —and I have fun with it in running through the stats

on these several thousand people who have been through the *Gateway Program**— is the universal question of why we are here. What are we doing here? And one I enjoy playing with is the fact that there is not just one reason why we are here, but a number of different reasons why we are... and each one of us perhaps has a fundamental reason —say, to experience. But there are all these other reasons... and after you run a profile through that many people, you begin to perceive these differences... and they are utterly fascinating... For example, there is enough evidence in our files at the moment to support the theory that a certain significant percentage of people we call «human» have never been humans before... They have never been in a human body and have never...

INTERVIEWER: What percentage do you have... can you give an approximation?

MONROE: It's around 8 per cent —somewhere a little over 8 per cent— who have never been a human being before. As far as we have determined, by all the methods we know and others, we can come to that conclusion, because they have a certain characteristic. And when we get into exploring that characteristic... then we say, Well, how did they come to be humans, then?

INTERVIEWER: Like, what were they before?

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* *The Monroe Institute's one-week training program. It is designed to help individuals attain different and practical states of awareness and consciousness.*

MONROE: Yes, what were they before? And... *(chuckling)*

INTERVIEWER: Like rocks, trees or fish...

MONROE: Some, evidently, have never been in any physical form before, but have heard about the experience of being human and are just plain curious, and have come to find out what it is like to be human. And having come for that reason, there are others who have never been in a physical body before, and they have an idea or theory and would like to test the theory, and the only way to test the theory is to come down into a human body. So pop! they come into it. Imagine their disappointment....

(General laughter)

INTERVIEWER: And somebody who keeps recycling, then, becomes addicted?

MONROE: You've jumped my words, for that is exactly what it is... that's the whole reincarnation thing that gets so fascinating... Why do this more than once? And it's because as we sit here right now, we can look and say: «Well, in this lifetime, I'm not going to get a chance to do that, so I need to come back and do that...» I don't know if I'd want to be a female, but there are certainly things in this lifetime that I have started, and I'd like to spend a lifetime doing.

The best example I can give you, in my own case, is that if I am addicted, I would like to come back and work with music; work with music in physical matter time/space and translate what I have perceived into time/space. Maybe I'll get lazy and I'll say: Well, the heck with it, I'll just play with it where it is instead of trying to reduce it to physical matter.

The addiction concept of being in a human body, that physical matter... and it's an intense experience —and this seems to have a lot of things to support it— that being in a physical body is an intense concentration of forms of energy, and that they are only available in a physical body. Now, we have had other things... it is kind of unique —the human body— because being in a crocodile body in another energy system doesn't give you certain tool-making privileges that you do when you have a physical body. And it is these types of things that are utterly fascinating. When it comes to running these overall stats, why we are here, what it is, and why be in a physical body...

Then, there are the «old hands» who have recycled 10, 15, 100 times —who knows?— and they are pretty easy to spot because they have a certain savvy, a certain casualness about events that doesn't disturb them; like they don't get nearly as frantic about some things as others do. You can spot them even as little babies... I know two or three that I've seen grow up from babyhood, and they have this single-pointedness that bewilders their parents totally... and the parents can't do really anything with them because they don't have to do anything with them...

INTERVIEWER: They already know...

MONROE: They already know... They know right where they are going, and the parents just sort of feed them and clothe them. They go to school and they get their schooling, and whatever they need in schooling, and they go on... because they know where they are going. They are «old hands», and they keep coming here to do this...

INTERVIEWER: Do those persons have a different attitude about death? Are they more accepting?

MONROE: I don't think they even think about it. I don't think they even give it a thought. They're just over here, and that's over here, and it will happen when they're through doing what they have to do... But this is one of the most...

INTERVIEWER: Why are they so localized or specialized as an awareness?

MONROE: I think it's a matter of choice. Again, the life pattern that you have selected has a series of opportunities, and in those series of opportunities, they are predicted opportunities. But certain situations or certain events may not let you exploit that given opportunity that you thought you would have, and this is where I think we have a turn-around problem in the expectation in that given life. I think that...

INTERVIEWER: There is no end to the probabilities as to whichever one you choose?

MONROE: That's right. But you enter this particular life with a set series of opportunities that you can perceive on a probability basis. The fact that they didn't turn out that way may have not been «your fault» or the fault of anything else except in an intense system of variables.

INTERVIEWER: And no matter what the probabilities are, it's all experience anyhow...

MONROE: That's right... It's good to get that overview. And that overview, I think, is a key to this whole question of research effort and the results of it. And overview is what I think we try to help people gain, and that overview has to deal with what time/space is: What it is, and not only why you're here but what it is... because if you obtain that, then your participation here will be much different, more profound for you to understand it; and one of our favorite phrases that has developed, is that time/space is «local trafic»... and Earth living is «local local trafic». And so therefore we turn around and say to the individual: Well, think of that, and all the messy local trafic things like local inculturation, local superstitions, local illusions, local misconceptions, ... that's all local trafic... and this is «local local trafic». The Earth is a backwash of a backwash of a backwash of time/space. So if you think of that and then think of what we call «interstate» which is above all of that, without any of the local trafic where you can go at fifty miles an hour —and faster if nobody is looking— and how much different that is... and the minimal problems one encounters because of the flow... You're part of a flow, in one direction or the other, and it's very, very important to start getting that overview, that different state.

I keep thinking of the things that I should say... One of the things, in working with all our participants and volunteers, is that we have a fundamental rule, and that is: You must verify for yourself. Whatever I say, for example, is a product of my own interpretation, and the interpretation of the results that we have achieved. And so, there are filtration processes working at even what I speak of and convey to you. So therefore, we have a firm rule: Whatever

I may say, whatever comes out of the Institute, whatever you get in life in information, you have the methods, and we attempt to provide the tools with those methods to determine the reality of that. And it is up to you to verify it on your own... not take anything as valid until you know it yourself. So what I say, you can say: It is interesting, and I believe you, but to *know* is something else. This is your own job...

END OF RECORDING

A SUMMARY

In this last tape of the Explorer Series, Mr. Monroe describes his laboratory procedures. The rest of the tape is composed of highlights from the Explorer Series, excerpts which you may have already read...